



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

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Chicken or Turkey and Noodles - USDA Recipe for CACFP

Makes: 17 or 33 Servings

Chicken or Turkey and Noodles – Diced chicken, spinach, carrots and spices are combined with whole wheat noodles.

QTY Ingredients:

Ingredients	17 Servings		33 Servings	
	Weight	Measure	Weight	Measure
Low-sodium chicken broth		1 gal		2 gal
Whole-grain spaghetti noodles	1 lb 9 oz	1 qt 1 cup	3 lb 2 oz	2 qt 2 cups
*Fresh onions, diced 1/4"	7 oz	1 1/3 cups	14 oz	2 2/3 cups
*Fresh carrots, shredded	4 oz	1 1/4 cups	8 oz	2 1/2 cups
Margarine, trans fat-free	2 oz	1/4 cup	4 oz	1/2 cup

Ingredients	17 Servings		33 Servings	
	Weight	Measure	Weight	Measure
Whole-wheat flour	2 oz	1/2 cup	4 oz	1 cup
Nonfat milk		3 cups		1 qt 2 cups
Salt		1 tsp		2 tsp
Ground black pepper		3/4 tsp		1 1/2 tsp
Dried marjoram		3/4 tsp		1 1/2 tsp
Dried parsley		1/4 cup		1/2 cup
Frozen, cooked diced chicken, thawed 1/4"	3 lb 3 oz	2 qt 2 cups	6 lb 6 oz	1 gal 1 qt
Frozen, cooked diced turkey, thawed 1/4"	3 lb 3 oz	2 qt 2 cups	6 lb 6 oz	1 gal 1 qt
*Fresh spinach, chopped	8 oz	3 1/4 cups	1 lb	1 qt 2 1/2 cups

Directions

1. Heat chicken broth to a rolling boil.
2. Slowly add pasta. Stir constantly until water boils again. Cook about 6 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK OR DRAIN.
3. Add onions and carrots. Remove from heat. Set aside for step 7.
4. In a medium pot, melt margarine uncovered over medium heat.
5. Add flour. Stir well for 1 minute.
6. Add milk. Stir frequently until smooth and free of lumps. Bring to a boil. Remove from heat. Set aside for step 7.
7. Add milk and flour mixture, salt, pepper, marjoram, parsley, and chicken to pasta and vegetables. Heat uncovered over medium high heat for 3 minutes. Stir until thickened.
8. Fold in spinach.

9. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
10. Transfer to a steam table pan (12" x 20" x 2 1/2"). For 17 servings, use 1 pan. For 33 servings, use 2 pans.
11. Critical Control Point: Hold for hot service at 140 °F or higher.
12. Portion 1.5 cup.

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 1.5 cup provides 3 oz equivalent meat/meat alternate, 3/16 cup dark green vegetable, and 1.5 oz equivalent grains.

My Notes

Source: USDA Standardized Recipe Project



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Taco Soup - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Taco Soup is always a favorite with kids! Ours combines the traditional flavors of beef, tomatoes and beans with a surprise seasoning.



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Raw ground beef (no more than 15% fat)	2 lb 2 oz	1 qt	4 lb 4 oz	2 qt
Chili powder		1/4 cup		1/2 cup
Ground cumin		1/4 cup 1 Tbsp		1/2 cup 2 Tbsp
Garlic powder		2 Tbsp		1/4 cup
Onion powder		2 tsp		1 Tbsp 1 tsp
Crushed red pepper		1 tsp		2 tsp
Ground black pepper		2 tsp		1 Tbsp 1 tsp
*Fresh onions, diced	1 lb 2 oz	3 1/4 cups	2 lb 4 oz	1 qt 2 1/2 cups
Water		1 qt		2 qt
Ranch dressing, dry powdered mix	1 oz	1/4 cup	2 oz	1/2 cup
Canned no-salt-added crushed tomatoes	3 lb 3 oz	1 qt 2 1/2 cups (1/2 No. 10 can)	6 lb 6 oz	3 qt 1 cup (1 No. 10 can)
Canned low-sodium salsa	1 lb	2 cups	2 lb	1 qt
Canned no-salt-added corn, drained	1 lb	2 1/2 cups (1/4 No. 10 can)	2 lb	1 qt 1 cup (1/2 No. 10 can)
Canned no-salt-added kidney beans, drained, rinsed	3 lb 8 oz	2 qt 1 1/4 cup (1 No. 10 can)	7 lb	1 gal 2 1/2 cups (2 No. 10 cans)
Or *Dry kidney beans, cooked (See Notes Section)	3 lb 8 oz	2 qt 1 1/4 cup	7 lb	1 gal 2 1/2 cups

Directions

1. Brown ground beef uncovered over medium high heat in a large stock pot.
2. Add spices. Stir well.
3. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
4. Remove beef mixture and set aside for step 7.
5. Using the same pot, cook onions uncovered over medium heat for 5-7 minutes or until soft. Reduce heat to low.

6. Add water, ranch dressing mix, crushed tomatoes, salsa, corn, and beans. Stir well. Simmer uncovered over low heat for 2 minutes.
7. Add seasoned beef and stir. Simmer uncovered for an additional 15-20 minutes.
8. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
9. Transfer to a steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
10. Serve immediately or cover and place in a warmer until ready for service.
11. Critical Control Point: Hold for hot service at 140 °F or higher.
12. Portion with 8 fl oz spoodle (1 cup).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides: Legume as Meat Alternate: 2 oz equivalent meat/meat alternate, ¼ cup red/orange vegetable, and ¼ cup additional vegetable.

Legume as Vegetable: 1 oz equivalent meat/meat alternate, ¼ cup legume vegetable, ¼ cup red/orange vegetable, and ¼ cup additional vegetable.

CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides: Legume as Meat Alternate: 2 oz meat/meat alternate and ½ cup vegetable.

Legume as Vegetable: 1 oz meat/meat alternate and ¾ cup vegetable.

How to Cook Dry Beans

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 140 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

1 lb dry kidney beans = about 2 ½ cups dry or 6 ¼ cups cooked beans.

My Notes

Source: USDA Standardized Recipe Project

Nutrition Information

Nutrients	Amount	Marketing Guide		
		Foods as Purchased for	25 Servings	50 Servings
Calories	235	Onions	1 lb 5 oz	2 lb 10 oz
Total Fat	6 g	Dry kidney beans	1 lb 8 oz	3 lb
Saturated Fat	2 g	Meal Components		
Cholesterol	26 mg	Vegetables		
Sodium	285 mg	Red & Orange	1/4 cup	
Total Carbohydrate	26 g	Beans & Peas	1/4 cup	
Dietary Fiber	7 g	Meat / Meat Alternate	2 ounces	
Total Sugars	4 g	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.		
Added Sugars included	N/A			
Protein	15 g			
Vitamin D	2 IU			
Calcium	86 mg			
Iron	3 mg			
Potassium	418 mg			
N/A - data is not available				



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Kati-Kati Baked Chicken - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Kati Kati Baked Chicken – Boneless chicken breast baked with Moroccan spices. This dish is part of a satisfying African meal made up of Jollof Rice, Kati Kati Chicken, Sauteed Spinach and Tomatoes. Check out the USDA version of all these recipes!



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Garlic powder		2 Tbsp	2 1/2 oz	1/4 cup
Sugar		2 Tbsp	2 oz	1/4 cup
Ground cinnamon		1 Tbsp		2 Tbsp
Ground allspice		1 Tbsp		2 Tbsp
Paprika		1 Tbsp		2 Tbsp
Salt		2 1/4 tsp		1 Tbsp 1 1/2 tsp
Red Pepper Flakes		1/2 tsp		1 tsp
Ground black pepper		1 tsp		2 tsp
Cayenne pepper		1/2 tsp		1 tsp
Ground turmeric		1 1/2 tsp		1 Tbsp
Ground cumin		2 Tbsp		1/4 cup
Canola oil		3 Tbsp		1/4 cup 2 Tbsp
Frozen, cooked chicken breasts, thawed (2oz portions)	3 lb 4 oz	25 pieces	6 lb 8 oz	50 pieces
Fresh parsley, minced		2/3 cup		1 1/3 cups

Directions

1. Combine garlic powder, sugar, cinnamon, allspice, paprika, salt, red pepper flakes, black pepper, cayenne pepper, turmeric, cumin, and oil in a small bowl. Stir well.
2. Toss chicken portions in spice mixture. Allow chicken to marinate for at least 30 minutes.
3. Place chicken portions on a sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
4. Bake: Conventional oven: 350 °F for 10-15 minutes. Convection oven: 325 °F for 8-12 minutes.
5. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

6. Remove from oven.
7. Garnish with parsley.
8. Critical Control Point: Hold for hot service at 140 °F or higher.
9. (Optional) Serve with Baked Jollof Rice and Sauteed Spinach and Tomatoes. See B-28 and I-25 for recipe ingredients and directions.
10. Serve 1 chicken breast ³~~4~~ oz).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 1 chicken breast provides ³~~2~~ oz equivalent meat/meat alternates.

CACFP Crediting Information: 1 chicken breast provides 2 servings meat/meat alternates.

My Notes

Source: USDA Standardized Recipe Project

Nutrition Information

Nutrients	Amount	Meal Components
Calories	109	Meat / Meat Alternate 2 ounces
Total Fat	4 g	
Saturated Fat	1 g	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.
Cholesterol	45 mg	
Sodium	432 mg	
Total Carbohydrate	3 g	
Dietary Fiber	1 g	
Total Sugars	1 g	
Added Sugars included	N/A	
Protein	16 g	
Vitamin D	3 IU	
Calcium	19 mg	
Iron	1 mg	
Potassium	162 mg	
N/A - data is not available		



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Jollof Rice - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Jollof Rice is a savory combination of brown rice, delicious vegetables and succulent spices. This dish is part of a satisfying African meal made up of Jollof Rice, Kati Kati Chicken, Sauteed Spinach and Tomatoes. Check out the USDA version of all these recipes!



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Canola oil		1/4 cup		1/2 cup
*Fresh onions, diced	9 oz	1 3/4 cups	1 lb 2 oz	3 1/2 cups
Ground ginger		1 tsp		2 tsp
Garlic, minced		1 Tbsp		2 Tbsp
*Fresh red bell peppers	6 1/2 oz	1 1/4 cups	13 oz	2 1/2 cups
Canned no-salt-added diced tomatoes, undrained	8 oz	3/4 cup 3 Tbsp 1/2 tsp	1 lb	1 3/4 cups 3 Tbsp (approx. 1/8 No. 10 can)
Canned no-salt-added tomato sauce	8 oz	3/4 cup 2 Tbsp 1/2 tsp	1 lb	1 3/4 cups 1 Tbsp (approx. 1/8 No. 10 can)
Salt		1 tsp		2 tsp
Cayenne pepper		1/8 tsp		1/4 tsp
Paprika		1/8 tsp		1/4 tsp
Ground curry powder		1 Tbsp		2 Tbsp
Vegetable stock		1 qt		2 qt
Brown rice, long-grain, regular, dry, parboil	1 lb 10 oz	1 qt 2 Tbsp 1 1/2 tsp	3 lb 4 oz	2 qt 1/4 cup 1 Tbsp
Frozen peas and carrots, thawed, drained	12 oz	2 1/3 cups 1 Tbsp	1 lb 8 oz	1 qt 2/3 cup 2 Tbsp
Fresh cilantro, finely chopped		1 3/4 cups	2 oz	3 1/2 cups

Directions

1. Heat oil in a large stock pot.
2. Add onions, ginger, garlic, and bell peppers. Saute uncovered over medium heat for about 3 minutes or until translucent.
3. Add diced tomatoes, tomato sauce, salt, pepper, paprika, and curry powder. Heat uncovered over medium heat for 5 minutes, or until liquid is reduced and tomatoes begin to soften, stirring frequently.
4. Add stock. Stir well. Set aside for step 6.

5. Place 1 qt 2 Tbsp 1 1/2 tsp brown rice (1 lb 10 oz) in each steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
6. Pour 2 qt (about 4 lb) tomato mixture over each pan. Stir well. Cover pans tightly.
7. Bake: Conventional oven: 350 °F for 45 minutes. Convection oven: 350 °F for 40 minutes.
8. Critical Control Point: Heat to 140 °F or higher.
9. Remove from oven. Fluff rice. Set aside for step 11.
10. Steam vegetables for 1 minute to ensure that peas are bright in color.
11. Fold 2 1/3 cups 1 Tbsp (about 12 oz) vegetables in rice mixture.
12. Hold for hot service at 140 °F or higher.
13. Garnish with cilantro.
14. Portion with No. 8 scoop (1/2 cup).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides 1/8 cup red/orange vegetable, 1/8 cup additional vegetable, and 1 oz equivalent grains.

CACFP Crediting Information: 1/2 cup (No.8 scoop) provides 1/4 cup vegetable and 1 serving grains/breads.

My Notes

Source: USDA Standardized Recipes Project

Nutrition Information

Nutrients	Amount	Marketing Guide		
		Foods as Purchased for	25 Servings	50 Servings
Calories	153	Mature onions	11 oz	1 lb 6 oz
Total Fat	3 g	Red bell peppers	9 oz	1 lb 2 oz
Saturated Fat	0 g	Meal Components		
Cholesterol	0 mg	Vegetables		
Sodium	191 mg	Red & Orange	1/8 cup	
Total Carbohydrate	28 g	Grains	1 ounce	
Dietary Fiber	3 g	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.		
Total Sugars	3 g			
Added Sugars included	N/A			
Protein	4 g			
Vitamin D	0 IU			
Calcium	18 mg			
Iron	1 mg			
Potassium	143 mg			
N/A - data is not available				



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Sauteed Spinach and Tomatoes - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Sautéed Spinach and Tomatoes – Fresh spinach cooked with onions, red bell peppers, herbs and ginger. This dish is part of a satisfying African meal made up of Jollof Rice, Kati Kati Chicken, Sauteed Spinach and Tomatoes. Check out the USDA version of all these recipes!



25 Servings

50 Servings

Ingredients	Weight	Measure	Weight	Measure
Margarine, trans fat-free		3 Tbsp	3 oz	1/4 cup 2 Tbsp
*Fresh onions, diced	8 oz	1 1/2 cups 1 Tbsp	1 lb	3 cups 2 Tbsp
*Fresh red bell peppers, diced	8 oz	1 1/2 cups	1 lb	3 cups
Garlic, minced		2 Tbsp	3 oz	1/4 cup
Fresh ginger, chopped		2 Tbsp	2 oz	1/4 cup
Ground ginger (only if fresh is unavailable)		2 tsp		1 Tbsp 1 tsp
Red Pepper Flakes		1 tsp		2 tsp
*Fresh spinach, leaves	3 lb	1 gal 3 1/8 cups	6 lb	2 gal 1 qt 2 1/4 cups
Canned no-salt-added tomato paste	8 oz	3/4 cup 1 Tbsp 2 1/2 tsp 1 lb		1 1/2 cups 3 Tbsp 2 tsp (approx. 1/8 No. 10 can)
Salt		1 1/2 tsp		1 Tbsp

Directions

1. Heat margarine over medium heat in a large stock pot.
2. Add onions, bell peppers, garlic, ginger, and red pepper flakes. Saute uncovered for 3 minutes over medium heat until tender and translucent. Stir frequently.
3. Add spinach in batches (1 lb per batch). Add additional batch once current batch begins to wilt.
4. Add tomato paste before adding the last batch of spinach. Add salt. Stir well. Heat uncovered for an additional 5 minutes or more until spinach reduces.
5. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
6. Transfer to a steam table pan (12" x 20" x 2 1/2") lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
7. Critical Control Point: Hold for hot service at 140 °F or higher.

8. Portion with No. 16 scoop (1/3 cup).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 1/3 cup (No. 16 scoop) provides 1/8 cup dark green vegetable, 1/8 cup red/orange vegetable, and 1/8 cup other.

CACFP Crediting Information: 1/3 cup (No. 16 scoop) provides 3/8 cup vegetable.

My Notes

Source: USDA Standardized Recipe Project

Nutrition Information

Nutrients	Amount
Calories	35
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	189 mg
Total Carbohydrate	5 g
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	2 g
Vitamin D	0 IU
Calcium	70 mg
Iron	2 mg
Potassium	317 mg
N/A - data is not available	

Marketing Guide

Foods as Purchased for	25 Servings	50 Servings
Mature onions	11 oz	1 lb 6 oz
Spinach	3 lb 7 oz	6 lb 14 oz
Red bell peppers	11 oz	1 lb 6 oz

Meal Components

Vegetables

Dark Green	1/8 cup
Red & Orange	1/8 cup
Other	1/8 cup

[For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.](#)



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Cuban Black Beans and Rice - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Cuban Black Beans and Rice – Slow simmered black beans infused with cumin, cilantro, and chipotle spices served over brown rice.



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Water		1 qt 2 cups		3 qt
Salt		3/4 tsp		1 1/2 tsp
Brown rice, long-grain, regular, dry, parboiled	1 lb 9 oz	1 qt	3 lb 2 oz	2 qt
Canola oil		1/3 cup 2 tsp		2/3 cup 1 Tbsp 1 tsp
*Fresh onions, diced	10 oz	1 3/4 cups 3 Tbsp 3/4 tsp	1 lb 4 oz	3 3/4 cups 2 Tbsp 1 1/2 tsp
*Fresh green bell peppers, diced	10 oz	1 3/4 cups 2 Tbsp	1 lb 4 oz	3 3/4 cups
Garlic, minced	3 oz	1/4 cup	6 oz	1/2 cup
Ground cumin		2 Tbsp		1/4 cup
Vegetable base powder		1 Tbsp 1 1/2 tsp		3 Tbsp
Canned low-sodium black beans, drained, rinsed	3 lb 8 oz	1 qt 2 cups 3 Tbsp 1 1/2 tsp (approx. 1 No. 10 can)	7 lb	3 qt 1/4 cup 3 Tbsp (approx. 2 No. 10 cans)
*Dry black beans, cooked (See Notes Section)	3 lb 8 oz	1 qt 2 cups 3 Tbsp 1 1/2 tsp	7 lb	3 qt 1/4 cup 3 Tbsp
Water		1 cup		2 cups
Salt		2 tsp		1 Tbsp 1 tsp
Fresh cilantro, minced		1 3/4 cups	2 oz	3 1/2 cups
*Fresh onions, minced	12 oz	2 1/3 cups 1/2 tsp	1 lb 8 oz	1 qt 2/3 cup 1 tsp

Directions

1. Boil water.
2. Add salt.
3. Place 1 qt brown rice (1 lb 9 oz) in each steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
4. Pour boiling water (1 qt 2 cups per steam table pan) over brown rice. Stir. Cover pans tightly.
5. Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes. Steamer: 5 lb pressure for 25 minutes.

6. Remove cooked rice from the oven and let stand covered for 5 minutes. Stir rice.
7. Critical Control Point: Heat to 140 °F or higher.
8. Critical Control Point: Hold for hot service at 140 °F or higher.
9. Set aside for step 21.
10. Heat oil in a medium stock pot uncovered over medium high heat.
11. Add onions and bell peppers. Cook for 2-3 minutes or until onions become translucent, stirring occasionally.
12. Add garlic, cumin, vegetable base, and beans. Stir constantly for 1-2 minutes.
13. Add water and salt.
14. Bring to a boil. Reduce heat to medium. Simmer for 5-10 minutes.
15. Add cilantro. Stir well.
16. Critical Control Point: Heat to 140 °F or higher.
17. Critical Control Point: Hold for hot service at 140 °F or higher.
18. Pour 3 qt 2 cups (about 8 lb 6 oz) black bean mixture into a steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
19. Serve black beans on top of rice.
20. Garnish with onions.
21. Portion black beans with No. 6 scoop (2/3 cup). Portion rice with No. 8 scoop (1/2 cup).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 2/3 cup (No. 6 scoop) serving of black beans and 1/2 cup (No. 8 scoop) serving of rice provides:

Legume as Meat/Meat Alternate: 1 oz equivalent meat/meat alternate, 1/8 cup other vegetable, and 1 oz equivalent grains.

OR

Legume as Vegetable: 1/4 cup legume vegetable, 1/8 cup other vegetable, and 1 oz equivalent grains.

CACFP Crediting Information: 2/3 cup (No. 6 scoop) serving of black beans and 1/2 cup (No. 8 scoop) serving of rice provides:

Legume as Meat/Meat Alternate: 1 oz meat/meat alternate, 1/8 cup vegetable, and 1 serving grains/bread.

OR

Legume as Vegetable: 3/8 cup vegetable and 1 serving grains/bread.

How to Cook Dry Beans

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 140 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

1 lb dry black beans = about 2 1/4 cups dry or 4 1/2 cups cooked beans.

My Notes

Source: USDA Standardized Recipe Project

Nutrition Information

Nutrients	Amount	Marketing Guide		
		Foods as Purchased for	25 Servings	50 Servings
Calories	207	Mature onions	1 lb 9 oz	3 lb 2 oz
Total Fat	5 g	Green bell peppers	13 oz	1 lb 10 oz
Saturated Fat	0 g	Dry black beans	3 lb 8 oz	7 lb
Cholesterol	0 mg	Meal Components		
Sodium	438 mg	Vegetables		
Total Carbohydrate	34 g	Beans & Peas	1/4 cup	
Dietary Fiber	5 g	Other	1/8 cup	
Total Sugars	2 g	Grains	1 ounce	
Added Sugars included	N/A	Meat / Meat Alternate	1 ounce	
Protein	6 g	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.		
Vitamin D	0 IU			
Calcium	59 mg			
Iron	1 mg			
Potassium	229 mg			
N/A - data is not available				