

Border Beans

Vegetable

Vegetable

Region 12

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		2 gal		4 gal	1. Wash beans and soak overnight in refrigerator. Drain water and rinse beans. Add clean water to beans and bring to a boil.
Beans pinto dry		4 lb + 13 oz		9 lb + 10 oz	
Salt		2 Tbsp		4 Tbsp	2. Add salt and cook until tender, about 3 – 3 ½ hours.
Oil, vegetable		2 Tbsp		4 Tbsp	3. In another pan, pour oil and allow to heat. Add onions and brown until tender.
Onions, fresh raw chopped		1 Cup		2 Cup	
Ham diced	4 Oz		8 Oz		4. Add ham to onion and cook for approximately 2-3 minutes stirring constantly.
Tomato sauce		1 ¼ Cup		2 ½ Cup	5. Add remaining ingredients (except beans) and cook until mixture thickens.
Ketchup		1 ¼ Cup		2 ½ Cup	
Brown sugar		¼ Cup		½ Cup	
Mustard yellow prepared		1 Tsp		2 Tsp	
Garlic powder		1 Tsp		2 Tsp	
Black pepper		¼ Tsp		½ Tsp	
					6. Pour beans (including juice) into rest of mixture and cook for an additional 30 minutes or until all ingredients have combined to produce a thick mixture.
					Serving is ½ cup
					HACCP: Same Day Service
					CCP: Hold at 140° or higher



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Notes:

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings

Serving:

½ cup serving provides ½ cup vegetable

Yield:

50 Servings:

100 Servings:

Volume:

50 Servings:

100 Servings:

Nutrients Per Serving

Calories	172	Saturated Fat	0.19 g	Iron	2.35 mg
Protein	9.79 g	Cholesterol	1 mg	Calcium	55.12 mg
Carbohydrate	30.42 g	Vitamin A	21.4 IU and 6.0 RE	Sodium	420 mg
Total Fat	1.18 g	Vitamin C	3.42 mg	Dietary Fiber	6.91 g

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