



## 000652 - BEANS A LA CHARRA, IRVING ISD

Source: IRVING ISD

Number of Portions: 50

Size of Portion: 1/2 CUP

### Components:

Meat/Alt:

Grains:

Fruit:

Vegetable: 0.5 cup

Milk:

### Recipe Subgroups:

Vegetable, Legumes

### Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
016042 BEANS,PINTO,MATURE SEEDS,RAW.....	5 lbs	<b>Day Before:</b> 1. Clean and wash beans. 2. Place beans in container for soaking. 3. Add water to container at least 2 inches above beans (about 3/4 qt cold water per lb). 4. Cover. Let stand overnight.
002047 SALT, TABLE..... 002020 GARLIC POWDER..... 002030 PEPPER, BLACK..... 902847 BACON, UNCURED..... 011282 ONIONS, RAW..... 011529 TOMATOES, RED, RIPE, RAW, YEAR RND AVERAGE.... 902848 CILANTRO, CHOPPED.....	2 Tbsp 1 1/2 Tbsp 2 tsp 12 ozs 8 ozs 2 lbs + 5 ozs 3/4 cup	<b>Day of:</b> 1. Drain beans and place in pot or tilt skillet. 2. Chop bacon, onion, tomatoes, and cilantro. 3. Add chopped bacon and veggies to pot or tilt skillet along with spices. 4. Add water 2 inches above mixture (about 6 cups per lb of beans.) 5. Bring water to a boil. 6. Cover and reduce to a simmer for 1 hour and 15 minutes, or until beans are tender (beans should easily mash with a fork). <b>CCP:</b> Heat to 135° F or higher.  <b>CCP:</b> Hold at 135° F or higher.
		<b>To Serve:</b> 1. Serve 1/2 cup beans a la charra to each customer. <b>CCP:</b> Hold for hot service at 135° F or higher

\*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	200 kcal	Cholesterol	9 mg	Protein	12.28 g	Calcium	62.38 mg	16.99%	Calories from Total Fat
Total Fat	3.78 g	Sodium	453 mg	Vitamin A	13.0 RE	Iron	2.39 mg	5.62%	Calories from Saturated Fat
Saturated Fat	1.25 g	Carbohydrates	29.88 g	Vitamin A	175.3 IU	Water <sup>1</sup>	*29.04* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	7.41 g	Vitamin C	6.1 mg	Ash <sup>1</sup>	*2.43* g	59.62%	Calories from Carbohydrates

	24.50% Calories from Protein
*N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient * - denotes combined nutrient totals with either missing or incomplete nutrient data <sup>1</sup> - denotes optional nutrient values	

Allergens							
Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
NO	NO	NO	NO	NO	NO	NO	NO
YES = Present    NO = Absent    ? = Undefined							