

Texas Department of Agriculture

USDA Foods Recipe Suggestions



Highlighted USDA Foods

1. Black-Eyed Peas, Canned
2. Chickpeas, Canned
3. Pepper & Onion Mix, IQF
4. Kidney Beans, Canned



Send your students favorite USDA Foods recipes & pictures to nutrition@texasagriculture.gov



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USDA Foods Canned Black-Eyed Peas



Product Information



Crediting

½ cup of black-eyed peas credits as ½ cup beans/peas vegetable or 2 oz eq of M/MA. One case provides 113 – ½ cup servings of heated drained beans or 138 – ½ cup servings of unheated, drained beans.



Description

The black-eyed peas are canned in a low sodium formulation.



Fun Fact

Black-eyed peas are often eaten at the beginning of the new year for good luck.



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Menu Ideas

- Traditional Black-Eyed Peas
- Black-Eyed Pea Nachos
- Jalapeno Corn Bread
- Polka Dot Bean Salad
- Black-Eyed Peas n' Rice Bowl

Visit the **Institute of Child Nutrition** or **USDA's Team Nutrition** for more recipe ideas.

NUTRITION FACTS

Serving size: 1/2 cup (120 g) black-eyed peas, canned, low-sodium

Amount Per Serving

Calories 92

Total Fat 1g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 140mg

Total Carbohydrate 16g

Dietary Fiber 4g

Sugars —

Protein 6g

Source: [USDA National Nutrient Database](#)

Traditional Black-Eyed Peas

Source: USDA's Team Nutrition

Yield: 55 Servings

Serving: 1/2 cup

Ingredients

- Turkey bacon, 12 ounces
- Low sodium canned black-eyed peas, 3 #10 cans
- Water, 3 quarts
- Garlic powder, 1/2 cup
- Onion powder, 1/8 cup
- Salt, 1/8
- Black pepper, 1/8 cup
- Liquid smoke (optional), 1 tablespoon

Directions

1. Heat a large stock pot over medium heat and cook bacon for 4-5 minutes until lightly browned.
2. Drain and rinse beans.
3. Add to pot with turkey bacon.
4. Add water, garlic powder, onion powder, salt, black pepper, and liquid smoke (optional) to the pot.
5. Simmer uncovered over medium heat until liquid has reduced and thickened, approximately 20 – 30 minutes.



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Black Eyed Pea Nachos

Ingredients

Black eyed peas, canned	3 #10 cans
Garlic, raw, minced	½ cup
Onions, raw, diced	2 lbs 4 oz
Olive oil	1 ½ cups
Cumin, ground	2 tbsp
Paprika, smoked	3 tbsp
Jalapenos, fresh, diced	½ cup
Cilantro, fresh	1 cup
Tortilla chips	5 lbs 8 oz
Cheese sauce	3 lbs 9 oz

Directions

1. Drain black eyed peas. Reserve the liquid.
2. In a large sauté pan or tilt skillet, heat olive oil over medium heat. Add garlic and onions. Sauté, stirring often, until onions are opaque. Do not brown garlic or onions.
3. Add cumin and smoked paprika. Cook, stirring constantly, for 30 seconds.
4. Add drained black eye peas and the jalapenos to the skillet. Stir.
5. Gradually add a small amount of reserved bean liquid from the cans. This should be just enough to keep the beans moist and help the seasonings combine with the beans. Do not add too much liquid. The beans should be moist but not soupy.
6. Wash and chop cilantro. Just before serving, stir cilantro into beans.
7. To build nachos:
 - Portion 2 oz tortilla chips into a serving boat.
 - Top with ½ cup black eyed pea mixture.
 - Ladle 1 oz cheese sauce on top.
 - Offer salsa and sour cream as condiments.

RECIPE GROUP: *Entrée*

Portion Yield	44
Portion Size	½ cup
HACCP Process	2 – Same Day Service

MEALPATTERN COMPONENTS

Meat/Alt	2.5 oz eq
Grain	2 oz eq
Fruit	N/A
Vegetable	N/A
Milk	N/A



Black eyed pea mixture can be used as a filling for tacos, burritos, quesadillas or tostadas. The mixture may also be properly cooled and served as the MMA on a vegetarian southwestern salad.



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Jalapeno Cheddar Cornbread

Ingredients

Cornmeal, yellow, whole grain	3 lbs 7 oz
Flour, whole wheat	10 oz, dry
Sugar, granulated	1 ¼ cups
Baking powder	¼ cup plus 1 tbsp
Salt, iodized	3 tbsp
Butter, unsalted, melted	1 lb
Egg, frozen, whole	2 ¾ cups
Milk, 1% low-fat	1 qt
Black-eyed peas, low-sodium, canned	1 # 10 can
Cheddar cheese, shredded	1 lb 4 oz
Jalapenos, raw, diced (optional)	½ cup

Directions

1. Thaw frozen eggs. Best practice, thaw eggs under refrigeration overnight.
2. Preheat conventional oven to 400°F or convection oven to 375°F.
3. Spray a 2" full sized steamtable pan with pan release spray.
4. Combine dry ingredients in a mixing bowl: cornmeal, flour, baking powder, and salt.
5. In a separate bowl, whisk the melted butter, eggs, and milk.
6. Drain beans and discard the liquid.
7. Gently stir the black-eyed peas, cheese, and diced jalapenos (optional) into the liquid mixture.
8. Add the liquid mixture to the dry mixture, and gently mix just until combined. Do not over mix, or the cornbread will be tough.
9. Pour mixture into the prepared pan. Each full sized 2" pan should have 7.5 lbs of mixture.
10. Bake for approximately 20-25 minutes until golden brown. Allow to sit for at least 15 minutes before cutting into 28 squares per pan, 4X7.

RECIPE GROUP: *Entrée*

Portion Yield	56
Portion Size	1 piece
HACCP Process	
	2 – Same Day Service

MEALPATTERN COMPONENTS

Meat/Alt	1.25 oz eq
Grain	2.25 oz eq
Fruit	N/A
Vegetable	N/A
Milk	N/A



Serve the jalapeno cheddar cornbread with vegetable-based entrees such as vegetable soups or cheesy baked potatoes to meet your MMA.



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Polka Dot Bean Salad

Ingredients

Black eyed peas, canned	1 # 10 cans
Bell pepper, red, fresh	2 lbs 8 oz
Corn, whole kernel, frozen	2 lbs 3 oz
Green peas, frozen	2 lbs 8 oz
Sunshine Vinaigrette	2 ¾ cup

Directions

1. Prepare Sunshine Vinaigrette up to 3 days in advance.
2. Thaw frozen peas and corn, drain any liquid. Best practice, thaw frozen vegetables under refrigeration over night. Best practice, refrigerate canned black-eyed peas overnight.
3. Drain and rinse black-eyed peas. Discard liquid.
4. Wash and dice red bell peppers.
5. Combined drained black-eyed peas, diced red bell peppers, corn and peas in a large bowl.
6. Add Sunshine Vinaigrette and toss gently to mix. Taste to adjust seasoning if needed.

Meal Contributions: Total ½ cup vegetable
 ⅛ cup R/O ⅛ cup B/P ¼ cup Starchy

RECIPE GROUP: *Vegetable*

Portion Yield	48
Portion Size	½ cup
HACCP Process	1 – No Cook

MEALPATTERN COMPONENTS

Meat/Alt	N/A
Grain	N/A
Fruit	N/A
Vegetable	½ cup
Milk	N/A



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Sunshine Vinaigrette

Ingredients

Orange juice	1 quart plus 2 cups
Apple cider vinegar	2 cups
Brown sugar	½ cup packed
Kosher salt	2 tbsp plus 2 tsp
Vegetable oil	1 quart

Directions

1. In a blender or mixing bowl, combine all ingredients.
2. Transfer to a single serve containers or a container. Can be refrigerated up to 5 days. Whisk before serving.

Use this recipe in the Polka Dot Bean Salad.

Offer as a condiment for any salad including strawberry-spinach salad or an apple-cheddar spinach salad.

Try drizzling the vinaigrette on top of steamed broccoli.

RECIPE GROUP: *Miscellaneous*

Portion Yield **96**

Portion Size **2 fluid ounces**

HACCP Process

1 – Same Day Service

MEALPATTERN COMPONENTS

Meat/Alt **N/A**

Grain **N/A**

Fruit **N/A**

Vegetable **N/A**

Milk **N/A**



This recipe is also featured in TDA's *Cooking for the Seasons* cookbook.



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USDA Foods Canned Garbanzo Beans



Product Information



Crediting

½ cup of garbanzo beans credits as ½ cup bean/peas vegetable or 2 oz eq M/MA. One case provides 136 - ½ cup servings of heated, drained beans or 126 - ½ cup servings of unheated, drained beans.



Description

The garbanzo beans are canned in a low-sodium brine.



Fun Fact

Garbanzo beans and chickpeas are the same food. They are interchangeable recipes.



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Menu Ideas

- Roasted Chickpeas
- Buffalo Hummus
- Southwest Chickpea Salad
- Spanish Chickpea Stew
- Greens and Beans Salad

Visit the **Institute of Child Nutrition** or **USDA's Team Nutrition** for more recipe ideas.

NUTRITION FACTS

Serving size: 1/2 cup (120 g) garbanzo beans, canned, low-sodium

Amount Per Serving

Calories 106

Total Fat 2g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 140mg

Total Carbohydrate 16g

Dietary Fiber 5g

Sugars 3g

Protein 6g

Source: [USDA National Nutrient Database](#)

Roasted Chickpeas

Source: What's Cooking: USDA Mixing Bowl

Yield: 50 Servings

Serving Size: 1/2 cup

Ingredients

- Low-sodium canned garbanzo beans, drained and rinsed, 2 #10 cans
- Salt, 1 1/2 teaspoon
- Garlic powder, 1 teaspoon
- Paprika, 1 teaspoon

Directions

1. Preheat oven to 400°F.
2. Drain and rinse the beans until there is no foamy residue. Pick out the skins and discard. Use a clean towel and pat dry.
3. Pour dried garbanzo beans into a large bowl and spray with canola spray to lightly coat. Sprinkle salt and spices over beans and toss gently to evenly coat.
4. Evenly split beans between two full sheet pans. Spread beans out in a single layer to prevent steaming.
5. Bake for 45 – 60 minutes, stirring or shaking every 15 minutes.
6. Serve as options on salad bars or in grab-n-go containers for vegetable of M/MA components.



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Buffalo Hummus

Ingredients

Garbanzo beans, low-sodium, canned	1 #10 can
Sunflower Seed Butter	5 oz
Buffalo Sauce	$\frac{2}{3}$ cup
Water, municipal	1 $\frac{1}{2}$ cup
Garlic powder	2 tsp

Directions

1. Best practice, refrigerate canned garbanzo beans overnight.
2. Drain and rinse beans, and discard liquid.
3. Note: water volume is approximate. Add gradually to achieve desired consistency.
4. In the bowl of a food processor, combine drained garbanzo beans, sun butter, vinegar, hot sauce, and garlic powder.
5. Puree until smooth. Add water as needed gradually to achieve a smooth consistency.

RECIPE GROUP: *Vegetable*

Portion Yield	34
Portion Size	$\frac{1}{4}$ cup
HACCP Process	
	1 – No Cook

MEALPATTERN COMPONENTS

Meat/Alt	N/A
Grain	N/A
Fruit	N/A
Vegetable	$\frac{1}{4}$ cup
Milk	N/A



Hummus can be menued either as a vegetable or MMA. Serve buffalo hummus with an assortment of vegetables and pita bread.



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Southwest Chickpea Salad

Ingredients

Garbanzo beans, low-sodium, canned 1#10 can	
Tomatoes, raw, diced	5 lbs 9 oz
Fajita pepper and onion blend, IQF	5 lbs 8 oz
Corn, whole kernel, frozen	3 lbs 13 oz
Olive oil	1 pint
Lime juice, bottle	1 cup
Cumin, ground	1 tbsp
Oregano leaves, whole	2 tbsp
Paprika, smoked	2 tbsp
Garlic powder	1 tbsp
Salt, iodized	2 tbsp
Cilantro, fresh	1 qt

Directions

1. Thaw pepper and onion mixture and corn in advance. Drain and discard any liquid. Best practice, thaw under refrigeration overnight. Best practice, chill canned chickpeas overnight.
2. Drain and rinse chickpeas, discard liquid.
3. Wash, core, and dice tomatoes.
4. In a large mixing bowl, combine drained chickpeas, thawed pepper and onion blend, corn and diced tomatoes.
5. Add olive oil, lime juice, cumin, oregano, smoked paprika, garlic and salt. Toss gently to combine.
6. Wash and roughly chop cilantro. Toss with salad as close to serving time as possible.

RECIPE GROUP: *Vegetable*

Portion Yield	69
Portion Size	½ cup
HACCP Process	
1 – No Cook	

MEALPATTERN COMPONENTS

Meat/Alt	N/A
Grain	N/A
Fruit	N/A
Vegetable	½ cup
Milk	N/A

	Meal Contributions:
	Total Vegetable: ½ cup
	- ⅓ cup Red/Orange
	- ⅓ cup Starchy
	- ⅓ cup Other
- ⅓ Beans and Peas	



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Southwest Chickpea Salad

Ingredients

Garbanzo beans, low-sodium, canned 1#10 can	
Tomatoes, raw, diced	5 lbs 9 oz
Fajita pepper and onion blend, IQF	5 lbs 8 oz
Corn, whole kernel, frozen	3 lbs 13 oz
Olive oil	1 pint
Lime juice, bottle	1 cup
Cumin, ground	1 tbsp
Oregano leaves, whole	2 tbsp
Paprika, smoked	2 tbsp
Garlic powder	1 tbsp
Salt, iodized	2 tbsp
Cilantro, fresh	1 qt

Directions

1. Thaw pepper and onion mixture and corn in advance. Drain and discard any liquid. Best practice, thaw under refrigeration overnight. Best practice, chill canned chickpeas overnight.
2. Drain and rinse chickpeas, discard liquid.
3. Wash, core, and dice tomatoes.
4. In a large mixing bowl, combine drained chickpeas, thawed pepper and onion blend, corn and diced tomatoes.
5. Add olive oil, lime juice, cumin, oregano, smoked paprika, garlic and salt. Toss gently to combine.
6. Wash and roughly chop cilantro. Toss with salad as close to serving time as possible.

RECIPE GROUP: *Entrée*

Portion Yield **34**

Portion Size **1 cup**

HACCP Process

1 – No Cook

MEALPATTERN COMPONENTS

Meat/Alt **1 oz eq**

Grain **N/A**

Fruit **N/A**

Vegetable **¾ cup**

Milk **N/A**

Meal Contributions:

Total Vegetable: ¾ cup

- ¼ cup Red/Orange

- ¼ cup Starchy

- ¼ cup Other

Serve on your salad bar with choice or crackers, croutons, or a roll to create a full entrée.





USDA Foods IQF Pepper & Onion Mix



Product Information



Crediting

½ cup of cooked drained peppers and onions credits as ½ cup other vegetable. Each 30-pound case provides 115 - ½ cup servings.



Description

The sliced red and green peppers, and onions are sliced into 3/8th inch wide strips.



Fun Fact

IQF peppers and onions are a quick way to add a vegetable component to many dishes. This product can save you time and tears because the items are pre-sliced.



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Menu Ideas

- Pepper and Onion Flavor Base
- Sloppy Philly
- Chimichurri Beef and Pepper Tacos
- Chimichurri Sauce
- Fajitas

Visit the **Institute of Child Nutrition** or **USDA's Team Nutrition** for more recipe ideas.

NUTRITION FACTS

Serving size: 1/2 cup pepper/onion blend, cooked, without salt

Amount Per Serving

Calories 20

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 8mg

Total Carbohydrate 5g

Dietary Fiber 1g

Sugars 3g

Protein 1g

Source: [USDA National Nutrient Database](https://www.nutritiondata.com)

Pepper and Onion Flavor Base

Yield: 115 servings

Serving Size: ½ cup

Ingredients

- IQF pepper and onions, 1 – 30 # case
- Canola oil, 2 tablespoons

Directions

1. Add the canola oil to tilt skillet or large stock pot and toss in all the pepper/onion blend.
2. Sauté on medium heat for 15 minutes to defrost and start cooking down the mix.
3. Stir every 2-3 minutes to ensure all product is reaching temperature of 135°F and starting to cook down.
4. To concentrate flavors without caramelization, cover with lid for 5 minutes to steam vegetables. If you want to bring out sweet notes, cook for 5 minutes uncovered.

Optional

Add the finished base to the following recipes to provide rich flavors and colors:

- Quesadillas
- Fajitas
- Stir-Fry
- Pizza toppings
- Pasta sauces
- Soups



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Sloppy Philly

Ingredients

Beef, ground, frozen	11 lbs
Garlic, raw	1/2 cup
Worcestershire sauce	3 tbsp
Beef base, low sodium	2 tbsp
Onion & pepper IQF blend	6 lbs 4 oz
Cheese sauce	3 lbs 12 oz
Sub rolls	50 each

Directions

1. Thaw ground beef under refrigeration 1 – 2 days prior to service.
2. Preheat tilt skillet or large skillet to medium heat.
3. Add thawed ground beef, using spatulas to break up meat into small pieces.
4. Cook, stirring frequently, until browned,
5. Mince garlic.
6. Add minced garlic to ground beef.
7. Add Worcestershire sauce and beef base (do not reconstitute) to ground beef and stir.
8. Add frozen pepper and onion mixture to ground beef and cook just until vegetables are hot.
9. Turn off heat and add cheese sauce. Stir to evenly incorporate the cheese.
10. To serve, use a #6 disher to portion Philly mixture onto each sub roll.
11. Mixture may be held hot, covered, for up to 1 hour without decline in quality.

RECIPE GROUP: *Entrée*

Portion Yield	50
Portion Size	1 each
HACCP Process	2 – Same Day Service

MEALPATTERN COMPONENTS

Meat/Alt	2.5 oz eq
Grain	2 oz eq
Fruit	N/A
Vegetable	1/8 cup
Milk	N/A



Grain contribution could change based on product used.

Use the Philly meat & cheese mixture as a topping for nachos, baked potatoes, tacos, & quesadillas.





Chimichurri Beef and Pepper Tacos

Ingredients

Chimichurri sauce	1 quart
Ground beef, thawed	8 lbs 12 oz
Fajita onions & pepper blend, IQF	13 lbs
Tortillas, whole grain, 8 in	50 each

Directions

1. Prepare the chimichurri sauce recipe up to 3 days in advance, or thaw from frozen.
2. Depending on batch size, heat either skillet or tilt skillet to medium heat. Add ground beef. Use metal spatulas to break up ground beef using a cutting motion. Brown ground beef until completely cooked.
3. Turn off heat. Add chimichurri sauce to hot ground beef and stir.
4. Transfer beef taco mixture to serving pan.
5. Heat the pepper and onion mixture – steam, sauté, or roast. Transfer to a separate serving pan.
6. To build each taco:
 - Place one tortilla on tray or boat
 - 2 oz beef mixture
 - ½ cup onions and peppers

RECIPE GROUP: *Entrée*

Portion Yield	50
Portion Size	1 each
HACCP Process	
	2 – Same day service

MEALPATTERN COMPONENTS

Meat/Alt	2 oz eq
Grain*	1.25 oz eq
Fruit	N/A
Vegetable	1/2 cup
Milk	N/A



Vegetable contribution is ½ cup other vegetable.

*Grain component will vary based on product used.



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Chimichurri Sauce

Ingredients

Fajita onions & pepper blend, IQF	12 oz
Cilantro, fresh	6 oz
Oregano leaves, whole	1/8 cup
Garlic, raw	1/8 cup
Soy sauce, reduced sodium	1 tbsp
Salt, iodized	1 tsp
Red pepper, crushed	1 tsp
Apple cider vinegar	1/4 cup
Olive oil	1 pint

Directions

1. Defrost pepper and onion mix and drain.
2. Wash cilantro. Trim if necessary, and rough chop into large pieces.
3. Combine all ingredients in a food processor. Blend until smooth.

Meal Contributions: Total 1/4 cup vegetable
 1/8 cup Dark Green 1/8 cup Other

RECIPE GROUP: *Vegetable*

Portion Yield	16
Portion Size	1/4 cup
HACCP Process	1 – No Cook

MEALPATTERN COMPONENTS

Meat/Alt	N/A
Grain	N/A
Fruit	N/A
Vegetable	1/4 cup
Milk	N/A



Sauce may be used to season ground beef, chicken, or pork. It may also be used as a spread for flatbread or pizzas.



USDA Foods Canned Red Kidney Beans



Product Information



Crediting

½ cup of beans credits as ½ cup beans/peas vegetable or 2 oz eq of M/MA. One case of kidney beans provide 117 – ½ cup servings of heated, drained beans or 132 – ½ cup servings of unheated, drained beans.



Description

The red kidney beans are canned in a low sodium brine.



Fun Fact

Kidney beans were named for its shape resembling a kidney.



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Menu Ideas

- Tex-Mex Beans
- Bean and Cheese Balls
- Asian Style Baked Beans
- Pizza Beans
- Red Beans and Rice
- Vegetable Chili

Visit the **Institute of Child Nutrition** or **USDA's Team Nutrition** for more recipe ideas.

NUTRITION FACTS

Serving size: 1/2 cup (128 g) red kidney beans, canned, low-sodium

Amount Per Serving

Calories 104

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 140mg

Total Carbohydrate 19g

Dietary Fiber 7g

Sugars 2g

Protein 7g

Source: [USDA National Nutrient Database](#)

Tex-Mex Beans

Source: Mississippi: Recipes for Success

Yield: 55 Servings

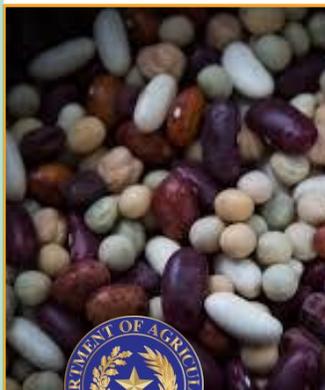
Serving Size: ½ cup

Ingredients

- Onions, frozen, diced, 9 ounce
- Bell peppers, green, fresh, 1 pint + 1 cups
- Low-sodium canned pinto beans, 1 #10 can
- Low-sodium canned kidney beans, 1 #10 can
- Water, 1 quarts + 6.5 tablespoon
- Canned diced tomatoes, 5.5 cups
- Salsa, 1 pint + 3 tablespoons
- Yellow mustard, 4.5 ounces
- Salt, 2 tablespoon
- Liquid smoke, 2 ounces
- No salt southwest spice blend, 2 tablespoon

Directions

1. Preheat oven to 350°F.
2. Cook onions and green peppers until tender in steamer or small steam-jacket kettle.
3. Drain canned beans in colander and rinse under cool running water to remove starchy liquid.
4. Combine water, tomatoes, salsa, mustard, salt, and liquid smoke. Add beans, onions, and green peppers. Divide evenly into two steamtable pans (12"x20"x4").
5. Bake for 45 minutes to an hour.



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Bean and Cheese Balls

Ingredients

Olive oil	2 ½ cup
Onions, raw, diced	1 lb 2 oz
Garlic, raw	½ cup
Kidney beans, low-sodium, canned	1 # 10 can
Oregano leaves, whole	3 tbsps
Egg, frozen, whole	1 ½ cup
Parmesan cheese, grated	2 ¾ cup
Soy sauce, low-sodium	¼ cup
Black pepper, ground	1 ½ tsp
Bread crumbs	14 oz

Directions

1. Thaw frozen eggs. Best practice, thaw eggs under refrigeration overnight.
2. Preheat conventional oven to 375°F or convection oven to 350°F.
3. Line sheet trays with pan liner and spray with pan release spray.
4. Heat oil in large sauté pan or tilt skillet over medium heat. Add diced onions to skillet. Sauté over medium heat, stirring occasionally.
5. Mince garlic and add to pan with onions. Cook garlic and onions until softened but not brown, 5-8 minutes. Remove from heat and set aside.
6. Drain and rinse kidney beans. Discard liquid.
7. In the bowl of a food processor, combine all ingredients: drained kidney beans, cooked onion-garlic mixture with olive oil, oregano, thawed eggs, parmesan, soy sauce, black pepper, and breadcrumbs. Pulse to combine just until the mixture comes together like ground beef. Do not over mix. Do not puree. There should be some pieces of beans left in the mixture, it should not be completely smooth.
8. Use a #24 scoop to portion out the bean balls onto the prepared sheet trays close but not touching each other.
9. Bake for 10-15 minutes until minimum internal temperature of 165°F for 15 seconds is reached.
10. Remove from oven and hold hot.
See serving suggestions.

RECIPE GROUP: *Meat/Meat Alt*

Portion Yield	27
Portion Size	3 each
HACCP Process	
	2 – Same Day Service

MEALPATTERN COMPONENTS

Meat/Alt	2.25 oz eq
Grain	.75 oz eq
Fruit	N/A
Vegetable	N/A
Milk	N/A



Serve with marinara sauce on pasta or on a sub roll with marinara and mozzarella for a meatball sub (pictured below).



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COMMISSIONER SID MILLER

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Updated 04/2022
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Asian-Style Baked Beans

Ingredients

Kidney beans, low sodium, canned	3 #10 cans
Onions, raw, diced	2 lbs 4 oz
Garlic, raw	1 cup
Vegetable oil	1 cup
Sriracha sauce (optional)	1 tsp
Soy sauce, low-sodium	1 lb 4 oz
Brown sugar	1 pint (packed)
Apple cider vinegar	1 ¼ cups
Ginger, dried, ground	2 tsp
Cilantro, fresh	1 pint

Directions

1. Drain and rinse beans. Discard liquid.
2. Mince garlic.
3. Heat oil over medium heat in a large pan or tilt skillet.
4. Add onions and garlic. Cook, stirring occasionally, until vegetables soften and turn opaque, about 5 minutes. Do not brown.
5. Add soy sauce, brown sugar, vinegar, ginger, and sriracha sauce.
6. Gently fold in drained kidney beans, stirring carefully without crushing beans.
7. Cook over medium heat until sugar dissolves and beans reach at least 135 ° F.
8. Remove from heat and transfer to serving pan.
9. Wash and dry cilantro. Roughly chop for the garnish.
10. Garnish the beans just as they go out to the serving line. Do not garnish before hot holding or the cilantro will discolor.

RECIPE GROUP: *Entrée*

Portion Yield	50
Portion Size	½ cup
HACCP Process	2 – Same Day Service

MEAL PATTERN COMPONENTS

Meat/Alt	2 oz eq
Grain	N/A
Fruit	N/A
Vegetable	N/A
Milk	N/A



Asian-style baked beans can be used as either M/MA or vegetable. Serve over hot steamed rice as an entrée bowl (pictured below) or wrapped in a tortilla for an Asian – style burrito.



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Pizza Beans

Ingredients

Kidney beans, low-sodium, canned	3 # 10 cans
Onions, raw, diced	2 lbs 9 oz
Garlic, raw	½ cup
Olive oil	1 cup
Oregano leaves, whole	½ cup
Red pepper flakes, crushed	1 tsp
Black pepper, ground	¼ tsp
Tomato sauce	1 no. 10 can
Mozzarella cheese, shredded	2 lbs 4 oz (divided)

Directions

1. Preheat conventional oven to 375°F or convection oven to 350°F.
2. Drain kidney beans and set aside.
3. Mince garlic.
4. Heat oil in a sauté pan or tilt skillet over medium heat.
5. Add diced onions and garlic.
6. Sauté, stirring frequently, until onions become opaque, about 5-7 minutes. Do not brown.
7. Add oregano, red pepper flakes and black pepper to onion mixture. Cook and stir for 30 seconds.
8. Add drained kidney beans (from step 2), tomatoes sauce, & 1 lbs + 2 oz shredded mozzarella cheese to the skillet with the onion mixture.
9. Cook, stirring frequently, until mozzarella is completely melted.
10. Use 2-in deep stem table pans (full or half size). Spray pans with pan release spray.
11. Transfer heated bean mixture to the prepared pans. Note: each full 2" pan will hold 12 lbs of bean mixture.
12. Top the pan with the remaining shredded mozzarella (1 lb plus 2 oz).
13. Bake uncovered until mixture is bubbling and cheese is melted and starting to brown, approximately 10 – 15 minutes.
14. Optional: top with fresh chopped parsley for garnish just before serving.

RECIPE GROUP: *Vegetable*

Portion Yield	57
Portion Size	½ cup
HACCP Process	2 – Same Day Service

MEAL PATTERN COMPONENTS

Meat/Alt	N/A
Grain	N/A
Fruit	N/A
Vegetable	½ cup
Milk	N/A



Meal Contributions:
 Total Vegetable: ½ cup
 - ⅛ cup Red/Orange
 - ⅜ cup Bean/Peas



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Pizza Beans

Ingredients

Kidney beans, low-sodium, canned	3 # 10 cans
Onions, raw, diced	2 lbs 9 oz
Garlic, raw	½ cup
Olive oil	1 cup
Oregano leaves, whole	½ cup
Red pepper flakes, crushed	1 tsp
Black pepper, ground	¼ tsp
Tomato sauce	1 no. 10 can
Mozzarella cheese, shredded	2 lbs 4 oz (divided)

Directions

1. Preheat conventional oven to 375°F or convection oven to 350°F.
2. Drain kidney beans and set aside.
3. Mince garlic.
4. Heat oil in a sauté pan or tilt skillet over medium heat.
5. Add diced onions and garlic.
6. Sauté, stirring frequently, until onions become opaque, about 5-7 minutes. Do not brown.
7. Add oregano, red pepper flakes and black pepper to onion mixture. Cook and stir for 30 seconds.
8. Add drained kidney beans (from step 2), tomatoes sauce, & 1 lbs+ 2 oz shredded mozzarella cheese to the skillet with the onion mixture.
9. Cook, stirring frequently, until mozzarella is completely melted.
10. Use 2-in deep steam table pans (full or half size). Spray pans with pan release spray.
11. Transfer heated bean mixture to the prepared pans. Note: each full 2" pan will hold 12 lbs of bean mixture.
12. Top the pan with the remaining shredded mozzarella (1 lb plus 2 oz).
13. Bake uncovered until mixture is bubbling and cheese is melted and starting to brown, approximately 10 – 15 minutes.
14. Optional: top with fresh chopped parsley for garnish just before serving.

RECIPE GROUP: *Meat/Meat Alt*

Portion Yield **38**

Portion Size **1 cup**

HACCP Process

2 – Same Day Service

MEAL PATTERN COMPONENTS

Meat/Alt **2.5 oz eq**

Grain **N/A**

Fruit **N/A**

Vegetable **¼ cup**

Milk **N/A**



Serve with a breadstick, roll or cornbread to menu a full entrée.



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