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
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.

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.

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER
This product was funded by USDA.
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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.

Traditional Black-Eyed Peas

Source: USDA’s Team Nutrition
Yield: 55 Servings
Serving: ½ cup

Ingredients

- Turkey bacon, 12 ounces
- Low sodium canned black-eyed peas, 3 #10 cans
- Water, 3 quarts
- Garlic powder, ½ cup
- Onion powder, ⅛ cup
- Salt, ⅛
- Black pepper, ⅛ 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.

NUTRITION FACTS

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Source: USDA National Nutrient Database
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.
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.

**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

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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.
Jalapeno Cheddar Cornbread

**Ingredients**

- Cornmeal, yellow, whole grain: 3 lbs 7 oz
- Flour, whole wheat: 10 oz, dry
- Sugar, granulated: 1 ½ 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 convention oven to 375°F.
3. Spray a 2” full sized steamtable pan with pan release spray.
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.

**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.
**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.
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.

**Portion Yield**: 48

**Portion Size**: ½ cup

**HACCP Process**: 1 – No Cook

**MEAL PATTERN COMPONENTS**

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

**Meal Contributions**: Total ½ cup vegetable

- ¼ cup R/O
- ¼ cup B/P
- ¼ cup Starchy

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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 |

**MEAL PATTERN 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.

TEXAS DEPARTMENT OF AGRICULTURE
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The garbanzo beans are canned in a low-sodium brine.

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.

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

Product Information

Crediting

Description

Fun Fact
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.

Roasted Chickpeas

Source: What’s Cooking: USDA Mixing Bowl
Yield: 50 Servings
Serving Size: ½ cup

Ingredients

- Low-sodium canned garbanzo beans, drained and rinsed, 2 #10 cans
- Salt, 1 ½ 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.

Nutrition Facts

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Source: USDA National Nutrient Database

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

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COMMISSIONER SID MILLER
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Updated 10/2019
www.SquareMeals.org
Buffalo Hummus

Ingredients

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<td>Water, municipal</td>
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<td>Garlic powder</td>
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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: ⅔ cup
HACCP Process: 1 – No Cook

Meal Pattern Components

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


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.
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


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

IQF Pepper & Onion Mix

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

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.

Product Information

Crediting

Description

Fun Fact

This product was funded by USDA. This institution is an equal opportunity provider.

Food and Nutrition Division
Meal Appeal Initiative

Updated 10/2019
www.SquareMeals.org
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.

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

NUTRITION FACTS

Serving size: ½ cup pepper/onion blend, cooked, without salt

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Source: USDA National Nutrient Database
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.

**MEALPATTERN COMPONENTS**

- Meat/Alt: 2.5 oz eq
- Grain: 2 oz eq
- Fruit: N/A
- Vegetable: ⅛ cup
- Milk: N/A

**RECIPES GROUP: Entrée**

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

**Grain contribution could change based on product used.**

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

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**TEXAS DEPARTMENT OF AGRICULTURE**

**COMMISSIONER SID MILLER**

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**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

**Portion Yield**

- 50

**Portion Size**

- 1 each

**HACCP Process**

- 2 – Same day service

**MEALPATTERN COMPONENTS**

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*Grain component will vary based on product used.

Vegetable contribution is ½ cup other vegetable.

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Chimichurri Sauce

Ingredients

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Directions

1. Defrost pepper and onion mix and drain.
2. Wash cilantro. Trim if necessary, and rough chop into large pieces.

RECIPE GROUP: Vegetable

| Portion Yield | 16 |
| Portion Size  | ¼ cup |
| HACCP Process | 1 – No Cook |

MEALPATTERN COMPONENTS

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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.
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.

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.

Nutrition Facts

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Source: USDA National Nutrient Database

Visit the Institute of Child Nutrition or USDA’s Team Nutrition for more recipe ideas.
Bean and Cheese Balls

**Ingredients**

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</tr>
<tr>
<td>Onions, raw, diced</td>
<td>1 lb 2 oz</td>
</tr>
<tr>
<td>Garlic, raw</td>
<td>½ cup</td>
</tr>
<tr>
<td>Kidney beans, low-sodium, canned</td>
<td>1 # 10 can</td>
</tr>
<tr>
<td>Oregano leaves, whole</td>
<td>3 tbsp</td>
</tr>
<tr>
<td>Egg, frozen, whole</td>
<td>1 ½ cup</td>
</tr>
<tr>
<td>Parmesan cheese, grated</td>
<td>2 ½ cup</td>
</tr>
<tr>
<td>Soy sauce, low-sodium</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Black pepper, ground</td>
<td>1 ½ tsp</td>
</tr>
<tr>
<td>Bread crumbs</td>
<td>14 oz</td>
</tr>
</tbody>
</table>

**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.
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).
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

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.
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.

MEALPATTERN 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 MMA or vegetable. Serve over hot steamed rice as an entrée bowl (pictured below) or wrapped in a tortilla for an Asian-style burrito.
Pizza Beans

Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kidney beans, low-sodium, canned</td>
<td>3 # 10 cans</td>
</tr>
<tr>
<td>Onions, raw, diced</td>
<td>2 lbs 9 oz</td>
</tr>
<tr>
<td>Garlic, raw</td>
<td>½ cup</td>
</tr>
<tr>
<td>Olive oil</td>
<td>1 cup</td>
</tr>
<tr>
<td>Oregano leaves, whole</td>
<td>½ cup</td>
</tr>
<tr>
<td>Red pepper flakes, crushed</td>
<td>1 tsp</td>
</tr>
<tr>
<td>Black pepper, ground</td>
<td>¼ tsp</td>
</tr>
<tr>
<td>Tomato sauce</td>
<td>1 no. 10 can</td>
</tr>
<tr>
<td>Mozzarella cheese, shredded</td>
<td>2 lbs 4 oz (divided)</td>
</tr>
</tbody>
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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.
# Pizza Beans

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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.

## Portion Yield

| Portion Yield | 38 |

## Portion Size

| Portion Size | 1 cup |

## HACCP Process

| HACCP Process | 2 – Same Day Service |

## MEAL PATTERN COMPONENTS

<table>
<thead>
<tr>
<th>Meal/Alt</th>
<th>2.5 oz eq</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grain</td>
<td>N/A</td>
</tr>
<tr>
<td>Fruit</td>
<td>N/A</td>
</tr>
<tr>
<td>Vegetable</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Milk</td>
<td>N/A</td>
</tr>
</tbody>
</table>

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