

SNP Beans

Side Dish

Portion Size ½ cup

Source: School Nutrition Plus, Inc.

Ingredients

100 Portions

	Measure
Serrano Peppers, raw	12 oz
Oil, canola	2 qt + 2 cup
Yellow Onions, raw	4 lbs + 8 oz (chopped)
Garlic, raw, peeled	8 oz (minced)
Garbanzo Beans (Chickpeas), canned, low sodium	15 lb
Pinto Beans, fancy, canned	16 lbs + 12 oz
Chicken Broth, low-sodium	11 lbs + 4 oz

Directions

Wash your hands before you begin. Place gloves on hands after washing hands.

Roast the whole serrano peppers over medium flame for two minutes or until blackened. Allow to cool. Cut the chiles in half, remove and discard the stems and seeds. Chop the peppers. Set aside.

On a stovetop burner over medium flame, place a large stock pot and allow it to get hot. Once hot add the oil, chopped onion, minced garlic and chopped peppers. Sauté for 15 minutes, until onions are translucent.

Add the undrained pinto beans and garbanzo beans.

Stir in broth; bring to a boil and boil for 15 minutes.

Reduce to a simmer and cook uncovered for 35 minutes. Remove the pot from the heat and mash beans until slightly lumpy.

Return to medium heat and cook for 10 minutes or until slightly thickened. Stir frequently.

Hold for hot service at 135° F or higher.

Components

Meat/Meat ALT 2 oz eq

Nutrients Per Serving

Calories 365.577 kcal	Carbohydrate 30.132 g	Sodium 309.476 mg	Vitamin C 6.351 mg
Total Fat 23.084 g	Dietary Fiber 5.866 g	Iron 1.660 mg	Water 22.588 g
Saturated Fat 1.651 g	Sugars 1.580 g	Calcium 42.411 mg	Ash N/A
Cholesterol 0.853 mg	Protein 7.403 g	Vitamin A 48.934 IU	

BEANS: Simply Delicious, Naturally Nutritious
Find more delicious bean recipes at BeanInstitute.com

