

## Cuban Black Beans and Rice

Filled with brown rice, beans, onions, cilantro and flavors of the Islands, Cuban Black Beans and Rice is a great meatless choice!

### CACFP Home Childcare Crediting Information

½ cup beans and ½ cup rice (1/2 cup measuring cup or 4 fl oz spoodle) provides

#### Legume as Meat Alternate

¼ cup vegetable (¼ cup other vegetable), 1 oz equivalent meat alternate, and 1 oz equivalent grains.

OR

#### Legume as Vegetable

½ cup vegetable (¼ cup legume vegetable, ¼ cup other vegetable), and 1 oz equivalent grains.



**Preparation Time:** 20 minutes

**Cooking Time:** 30 minutes

**Makes:** 6 servings

## Ingredients

2 cups Water, boiling

¼ tsp Salt

1 ⅞ cups or 7 oz Brown rice, long-grain, regular, dry, parboiled

2 Tbsp or ⅛ cup Canola oil

¾ cup or 3 oz Fresh onions, diced

½ cup or 3 oz Fresh green bell peppers, diced

1 Tbsp and 1 tsp Garlic, minced

2 tsp Ground cumin

1 tsp Vegetable base powder bouillon, low-sodium

2 cups or 14 oz Canned low-sodium black beans, drained, rinsed

OR

2 cups 14 oz Dry black beans, cooked

(See Notes Section)

1 cup Water

¼ tsp Salt

¼ cup or ½ oz Fresh cilantro,

minced ¾ cup or 3 oz Fresh onions,

minced

## Directions

- 1 Preheat Oven:  
Conventional oven: 350 °F.  
Convection oven: 325 °F.
- 2 Bring 2 cups water to a boil in a medium saucepan.
- 3 Add salt.
- 4 Place brown rice in a small baking dish (8" x 8" x 2").
- 5 Pour boiling water over brown rice. Stir. Cover dish tightly.
- 6 Bake:  
Conventional Oven: 350 °F for 40 minutes.  
Convection Oven: 325 °F for 40 minutes.
- 7 Critical Control Point:  
Heat to 140 °F or higher for at least 15 seconds.
- 8 Remove cooked rice from oven and let stand covered for 5 minutes. Stir rice.
- 9 Critical Control Point:  
Hold for hot service at 140 °F or higher.
- 10 Set rice aside for step 19.
- 11 Heat oil in a medium saucepan uncovered over medium high heat.
- 12 Add onions and bell peppers. Cook for 2-3 minutes or until onions become translucent, stirring occasionally.
- 13 Add garlic, cumin, vegetable base, and beans. Stir constantly for 1-2 minutes.
- 14 Add 1 cup water and salt.
- 15 Bring to a boil. Reduce heat to medium. Simmer for 5-10 minutes.
- 16 Add cilantro. Stir well.
- 17 Critical Control Point:  
Heat to 140 °F or higher for at least 15 seconds.

**Notes Section:**

**How to Cook Dry Beans**

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans.

Cover and refrigerate overnight. Discard the water. Proceed with cooking beans.

QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans.

Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with cooking beans.

COOKING BEANS

Once the beans have been soaked, add 1 ¾ qt water for every 1 lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 140 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

1 lb dry black beans = about 2 ¼ cups dry or 4 ½ cups cooked beans.

**Source:**

CACFP Home Childcare 6-Serving Recipe Project

**Directions continued**

- 17 Critical Control Point: Hold at 140 °F or higher until served.
- 18 Pour black bean mixture into a baking dish (9" x 13" x 2").
- 19 Serve rice with ½ cup (1/2 cup measuring cup or 4 oz spoodle).
- 20 Serve black beans with ½ cup (1/2 cup measuring cup or 4 oz slotted spoodle) over rice. Garnish with onions.

**Nutrients Per Serving: Calories** 256, **Protein** 7 g, **Carbohydrates** 41 g, **Dietary Fiber** 5 g, **Total Sugars** 2g, **Total Fat** 6 g, **Saturated Fat** 1 g, **Cholesterol** 0 mg, **Sodium** 374 mg, **Vitamin A** 10 mcg RAE, **Vitamin C** 12 mg, **Vitamin D** 0 IU, **Calcium** 55 mg, **Iron** 2 mg, **Potassium** 297 mg





## Cuban Black Beans and Rice

Filled with brown rice, beans, onions, cilantro and flavors of the Islands, Cuban Black Beans and Rice is a great meatless choice!

### CACFP Adult Portion Crediting Information

1 cup rice and 1 cup beans (8 oz spoodle each) provides:

#### Legume as Meat Alternate

1/8 cup vegetable (1/8 cup other vegetable), 2 oz equivalent meat alternate, and 2 oz equivalent grains.

OR

#### Legume as a Vegetable

5/8 cup vegetable (1/2 cup legume vegetable, 1/8 other vegetable), and 2 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 25 servings
	Weight	Measure	Weight	Measure	
					<ol style="list-style-type: none"> <li>Preheat Oven: Conventional oven: 350 °F. Convection oven: 325 °F.</li> </ol>
Water		3 qt		1 gal 2 qt	<ol style="list-style-type: none"> <li>Bring water (3 qt) to a boil in a large stock pot.</li> </ol>
Salt		1 tsp		2 tsp	<ol style="list-style-type: none"> <li>Add salt.</li> </ol>
Brown rice, long-grain, regular, dry, parboiled	3 lb 2 oz	2 qt	6 lb 4 oz	1 gal	<ol style="list-style-type: none"> <li>Place 3 lb 2 oz brown rice (2 qt) in each steam table pan (12"x 20"x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.</li> </ol>
					<ol style="list-style-type: none"> <li>Pour boiling water (3 qt per steam table pan) over brown rice. Stir. Cover pans tightly.</li> </ol>

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<b>6</b> Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes.
					<b>7</b> Remove cooked rice from oven and let stand covered for 5 minutes. Stir rice.
					<b>8</b> Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
					<b>9</b> Critical Control Point: Hold for hot service at 140 °F or higher.
					<b>10</b> Set aside for step 20.
Canola oil		½ cup		1 cup	<b>11</b> Heat oil in a medium stock pot uncovered over medium high heat.
*Fresh onions, diced	10 oz	2 cups	1 lb 4 oz	1 qt	<b>12</b> Add onions and bell peppers. Cook for 2-3 minutes or until onions become translucent, stirring occasionally.
*Fresh green bell peppers, diced	10 oz	1 ¾ cups 2 Tbsp	1 lb 4 oz	3 ¾ cups	
Garlic, minced	3 oz	¼ cup	6 oz	½ cup	<b>13</b> Add garlic, cumin, vegetable base, and beans. Stir constantly for 1-2 minutes.
Ground cumin		2 Tbsp		¼ cup	
Vegetable base powder, low-sodium		1 Tbsp 1 ½ tsp		3 Tbsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canned low-sodium black beans, drained, rinsed OR Dry black beans, cooked (See Notes Section)	7 lb OR 7 lb	1 gal 1 cup (approx. 1 No. 10 can and 1 -15 oz can) OR 1 gal 1 cup	14 lb OR 14 lb	2 gal 2 cups (approx. 2 No. 10 can and 1-15 oz can) OR 2 gal 2 cups	
Water		1 qt		2 qt	<b>14</b> Add water and salt.
Salt		1 tsp		2 tsp	<b>15</b> Bring to a boil. Reduce heat to medium. Simmer for 5-10 minutes.
Fresh cilantro, minced	1 oz	½ cup	2 oz	1 cup	<b>16</b> Add cilantro. Stir well.
					<b>17</b> Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
					<b>18</b> Critical Control Point: Hold for hot service at 140 °F or higher.
					<b>19</b> Pour about 10 lb (1 gal 2 cups) black bean mixture into a steam table pan (12" x 20" x 2 ½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					<b>20</b> Serve 1 cup (portion rice with 8 oz spoodle).
*Fresh onions, minced	12 oz	2 ⅓ cups	1 lb 8 oz	1 qt ⅔ cup	<b>21</b> Serve 1 cup (portion black beans with 8 oz spoodle) on top of rice.
					<b>22</b> Garnish with onions.

**NUTRITION INFORMATION**

For rice 1 cup (8 oz spoodle)  
For beans 1 cup (8 oz spoodle)

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>395</b>
<b>Total Fat</b>	<b>7 g</b>
Saturated Fat	0.8 g
Cholesterol	0 mg
<b>Sodium</b>	<b>448 mg</b>
<b>Total Carbohydrate</b>	<b>69 g</b>
Dietary Fiber	9 g
Total Sugars	2 g
Added Sugars included	N/A
<b>Protein</b>	<b>12 g</b>
Vitamin A	6 mcg RAE
Vitamin C	10 mg
Vitamin D	0 IU
Calcium	88 mg
Iron	3 mg
Potassium	470 mg
N/A=no data available.	

**MARKETING GUIDE**

<b>Food as Purchased for</b>	<b>25 Servings</b>	<b>50 Servings</b>
Fresh onions	1 lb 13 oz	3 lb 10 oz
Fresh green bell peppers	14 oz	1 lb 12 oz

**NOTES**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

**How to Cook Dry Beans**

Special tip for preparing dry beans:

**SOAKING BEANS**

**OVERNIGHT METHOD:** Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and

refrigerate overnight. Discard the water. Proceed with cooking beans.

**QUICK-SOAK METHOD:** Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with cooking beans.

**COOKING BEANS**

Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 140 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

1 lb dry black beans = about 2 ½ cups dry or 5 ¼ cups cooked beans.

**YIELD/VOLUME**

**25 Servings**

**50 Servings**

About 10 lb beans  
About 8 lb 6 oz rice

About 20 lb beans  
About 16 lb 12 oz rice

About 1 gal 2 cups beans/ 1 steam table pan (12" x 20" x 2 ½")  
About 1 gal 2 qt rice/ 1 steam table pan (12" x 20" x 2 ½")

About 2 gal 1 qt beans/2 steam table pans (12" x 20" x 2 ½")  
About 3 gal rice/2 steam table pans (12" x 20" x 2 ½")

**SOURCE:**

CACFP Adult Portion Recipe Project