



Marinated Black Bean Salad

USDA Recipe for Schools

This flavorful side, Marinated Black Bean Salad, combines black beans, corn, green peppers, red peppers, and salsa with a variety of spices.

NSLP/SBP CREDITING INFORMATION

½ cup (No. 8 scoop) provides

Legume as Meat Alternate: 1 oz equivalent meat alternate, ⅛ cup red/orange vegetable, and ⅛ cup starchy vegetable.

OR

Legume as Vegetable: 0.25 oz equivalent meat alternate, ⅛ cup legume vegetable, ⅛ cup red/orange vegetable, and ⅛ cup starchy vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Lime juice		½ cup		1 cup	1 Dressing: Combine lime juice, parsley, cumin, garlic, ancho chili powder, cilantro, olive oil, honey, and apple cider vinegar. Stir well. Set aside for step 3.
Parsley, dried		2 Tbsp		¼ cup	
Cumin, ground		1 Tbsp		2 Tbsp	
Garlic cloves, fresh	2 oz	¼ cup 3 Tbsp	4 oz	¾ cup 2 Tbsp	
Ancho chili powder		2 Tbsp		¼ cup	
OR					
Mexican seasoning mix (see Notes)		2 Tbsp		¼ cup	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Cilantro, fresh, minced	3 oz	1 qt 1¼ cups	6 oz	2 qt 2½ cups	
Olive oil		¼ cup		½ cup	
Honey		1 cup		2 cups	
Apple cider vinegar		½ cup		1 cup	
Black beans, canned low-sodium, drained, rinsed OR Black beans, dry, cooked	5 lb	2 qt ¾ cup 2 Tbsp (about 1½ No. 10 cans)	10 lb	1 gal 1¾ cups (about 2⅔ No. 10 cans)	2 Combine black beans, corn, green peppers, red peppers, salsa, onions, and jalapeños in a large bowl. Stir well. Set aside for step 3.
	5 lb	2 qt ¾ cup 2 Tbsp	10 lb	1 gal 1¾ cups	
Whole-kernel corn, frozen, thawed	3 lb 8 oz	1½ cups 2 Tbsp	7 lb	3¼ cups	
*Green peppers, fresh, diced	12 oz	2¼ cups	1 lb 8 oz	1 qt ½ cup	
*Red peppers, fresh, diced	1 lb	3 cups	2 lb	1 qt 2 cups	
Salsa, canned low-sodium	1 lb 12 oz	3¼ cups (about ¼ No. 10 can)	3 lb 8 oz	1 qt 2½ cups (about ½ No. 10 can)	
*Red onions, fresh, diced	4 oz	⅔ cup 1 Tbsp 2½ tsp	8 oz	1⅓ cups 3 Tbsp 2 tsp	
Jalapeños, diced, seeded	2 oz	½ cup	4 oz	1 cup	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>3 Pour 1½ cups (about 14 oz) dressing over 3 qt (about 5 lb 3 oz) vegetables. Stir well.</p>
					<p>4 Transfer 3 qt 1½ cups (about 5 lb 13 oz) bean salad to a steam table pan (12" x 20" x 2½").</p> <p>For 50 servings, use 2 pans. For 100 servings, use 4 pans</p>
Low-fat cheddar cheese, shredded	1 lb	1 qt	2 lb	2 qt	<p>5 Sprinkle 2 cups (about 8 oz) cheese over each pan.</p>
					<p>6 Critical Control Point: Cool to 41 °F or lower within 4 hours.</p>
					<p>7 Critical Control Point: Hold at 41 °F or below.</p>
					<p>8 Portion with No. 8 scoop (½ cup).</p>



NUTRITION INFORMATION

For ½ cup (No. 8 scoop).

NUTRIENTS	AMOUNT
Calories	136
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	5 mg
Sodium	198 mg
Total Carbohydrate	21 g
Dietary Fiber	3 g
Total Sugars	7 g
Added Sugars included	N/A
Protein	6 g
Vitamin D	1 IU
Calcium	118 mg
Iron	2 mg
Potassium	280 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Mature red onions	6 oz	12 oz
Red bell peppers	1 lb 4 oz	2 lb 8 oz
Green bell peppers	1 lb	2 lb

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 #1: No Cook

Mexican Seasoning Mix ¾ Cup (About 4½ oz)

Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, ¼ tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

How to Cook Dry Beans

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1¾ 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 recipe.

COOKING BEANS

Once beans are soaked, add 1¾ 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 & to 40 °F or lower within 4 hours.

1 lb dry black beans = about 2¼ cups dry or 4½ cups cooked beans.

YIELD/VOLUME

50 Servings	100 Servings
About 11 lb 10 oz	About 23 lb 4 oz
About 1 gal 1 qt 3¼ cups/2 steam table pans (12" x 20" x 2½")	About 2 gal 3 qt 2½ cups/4 steam table pans (12" x 20" x 2½")

