

SAVORY STYLE BEANS

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
126 cal	23 g	9 g	0 g	0 mg	21 mg	61 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BEANS,KIDNEY,DRY	8-1/8 lbs	1 gal 1 qts	
WATER,COLD	41-3/4 lbs	5 gal	
ONIONS,FRESH,CHOPPED	1-1/3 lbs	3-3/4 cup	1-1/2 lbs
CELERY,FRESH,CHOPPED	1-1/2 lbs	1 qts 1-5/8 cup	2 lbs
GARLIC POWDER	1/4 oz	1/3 tsp	
CUMIN,GROUND	1/8 oz	1/3 tsp	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	

Method

- 1 Pick over beans, removing discolored beans and foreign matter. Wash beans thoroughly. Cover; let soak 1 hour.
- 2 Cover with water; bring to a boil in steam-jacketed kettle; boil 2 minutes.
- 3 Add onions, celery, garlic powder, cumin, and black pepper.
- 4 Reduce heat; add more water if necessary to cover beans; cover. Simmer 2 hours or until beans are just tender. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.