

RED BEANS WITH RICE

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
225 cal	41 g	10 g	3 g	3 mg	630 mg	53 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
RICE, LONG GRAIN	5-3/4 lbs	3 qts 2 cup	
WATER, COLD	15-1/8 lbs	1 gal 3-1/4 qts	
OIL, SALAD	1 oz	2 tbsp	
SALT	1-1/4 oz	2 tbsp	
BACON, SLICED, RAW	3 lbs		
ONIONS, FRESH, CHOPPED	2-1/8 lbs	1 qts 2 cup	2-1/3 lbs
BEANS, KIDNEY, DARK RED, CANNED, INCL LIQUIDS	27-1/8 lbs	3 gal	
PEPPER, BLACK, GROUND	1/4 oz	1 tbsp	
PEPPER, RED, GROUND	<1/16th oz	1/8 tsp	
GARLIC POWDER	1-1/8 oz	1/4 cup	

Method

- 1 Cook rice according to directions on Recipe No. E 005 00. Set aside for use in Step 6.
- 2 Cook bacon until crisp; drain. Set aside 2 ounces bacon fat per 100 servings for use in Step 3. Set aside bacon for use in Step 4.
- 3 Saute onions in bacon fat about 1 to 2 minutes or until lightly browned. Drain thoroughly.
- 4 Combine sauteed bacon and onions with undrained kidney beans, peppers and garlic powder.
- 5 Using a convection oven, bake at 325 F. for 30 minutes on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 6 Serve 1/2 cup of beans over 1/2 cup of rice. CCP: Hold for service at 140 F. or higher.