

SPANISH STYLE BEANS

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
161 cal	32 g	9 g	1 g	0 mg	468 mg	63 mg

Ingredient

BEANS,PINTO,DRY

WATER,COLD

SALT

ONIONS,FRESH,CHOPPED

TOMATOES,CANNED,CRUSHED,INCL LIQUIDS

SUGAR,GRANULATED

CLOVES,GROUND

PEPPER,BLACK,GROUND

MUSTARD,DRY

Weight

8-1/2 lbs

41-3/4 lbs

3-3/4 oz

1 lbs

6-5/8 lbs

1 lbs

<1/16th oz

1/8 oz

3/4 oz

Measure

1 gal 1 qts

5 gal

1/4 cup 2-1/3 tbsp

3 cup

3 qts

2-1/4 cup

1/8 tsp

1/8 tsp

2 tbsp

Issue

1-1/8 lbs

Method

- 1 Pick over beans, removing discolored beans and foreign matter. Wash beans thoroughly. Cover; let soak 1 hour.
- 2 Cover with water; add salt. Bring to a boil in steam-jacketed kettle; boil 2 minutes.
- 3 Add onions, tomatoes, sugar, mustard, cloves, and pepper. Reduce heat, add more water to cover beans. Simmer 1 hour or until beans are just tender. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.