

Alamo Beans

Makes: 6 Servings

Ingredients

5 ounces Pinto beans, Dry Sorted
1/3 cup water
2/3 teaspoon Ham Base
1/3 teaspoon Onions, Dry
1/3 teaspoon chili powder
1/3 teaspoon salt
1/4 teaspoon cumin
1/4 teaspoon garlic powder
1/4 teaspoon black pepper
1/4 cup water
2 ounces Tomatoes, Fresh Diced
1 ounce Onions, Fresh , Diced
1/4 ounce Jalapenos, Fresh, Chopped Fine
1/4 ounce Cilantro, Fresh Chopped Fine



Directions

1. CCP - Wash Hands before beginning food preparation.
2. Sort beans, removing stones and damaged beans.
3. Wash beans thoroughly
4. Cover beans with water. Bring to boil.
5. CCP- Reduce heat and simmer until beans begin to soften, about 1 1/2 hours. Note: Avoid stirring and rapidly boiling beans to keep them from breaking. Beans should be covered with liquid during the cooking process add water as needed.
6. While beans are cooking, blend ham base and spices with remaining water.
7. When beans begin to soften, gently blend in spice mixture.
8. Add fresh tomatoes, onions and jalapenos.
9. Continue cooking until beans are completely tender,

about 1/2 hour more.

10. Add cilantro and place in serving pan.
11. CCP - Check cooking temperature. Temperature needs to be 135 F or above
12. CCP - Hold in warmer or steam table between 1350F and 1600F. Check temperature during holding, if temperature drops below 1350F, rapidly reheat to 1650F and return to warmer or steam table.

Notes

Serving Size: 1/2 cup

Serving Tips: Hot Holding: All fully cooked foods being held for service will be maintained at or above a temperature of 135F.

Corrective Action Hot Foods: All cooked food items being held for service that drop below 135F must be removed from service until such time as they are reheated to 165F. Any food not eaten after reheating must be discarded.

Leftover Notes: Cool from 135F to 41F within 6 hours. Store in the refrigerator no longer than 72 hours. Reheat leftover beans to a minimum temperature of 165F within 2 hours.

W. W. Jackson Middle School, North East ISD (Recipes for Healthy Kids Competition)