Recipe Name:	Beans, Cuban Black	Recipe Total Yield	
Category / Sub-Category:		Volume	2 gal, 3 qt
		Weight	24 lb

Serving Guidelines

Type of Pan:	2" Hotel Pan
Number of Pans Needed:	1.7
Amount Per Pan:	14 lb (Weight before cooking)
	50 (Each)
Elementary Portions Per Pan:	52
Secondary Portions Per Pan:	52
Elementary Serving Utensil:	4 oz spoodle
Secondary Serving Utensil:	4 oz spoodle
Elementary Cost per Serving:	$0.20
Secondary Cost per Serving:	$0.20

Servings	By Weight	By Volume	Each	Total
Elementary Servings	4.3 oz	8 Tbsp	N/A	
Secondary Servings	4.3 oz	8 Tbsp	N/A	

Analysis	Meat / Meat Alternate (oz)	Grains / Breads (Servings)	Vegetables / Fruits (Cups)
Elementary	2	0	0.5
Secondary	2	0	0.5

Ingredients	Instruction	As Purchased	Prepped by Weight	Prepped by Volume	Prepped Each
Onion, Yellow	peeled, medium dice	4.5 lb	4 lb	3 qt	
Garlic, Fresh	chopped	2.4 oz	2 oz	8 Tbsp	
Pepper, Green	seeded, medium dice	4.88 lb	4 lb	3 qt, 1 pt	
Salt, Kosher		5 oz	5 oz	8 Tbsp	
Black Pepper, Ground		1.5 oz	1.5 oz	2 Tbsp	
Beans, Black Canned	drained	10.5 lb	6.5 lb	2 gal, 1 pt	
WATER				2 qt, 1 pt	
Vegetable Oil		1 C		1 C	
Oregano, Dried		0.25 oz	0.25 oz	1 Tbsp, 1 tsp	
Cumin, Ground		0.4 oz	0.4 oz	1 Tbsp, 1 tsp	
Bay Leaf		0.03 oz			3
Vinegar, Sherry		1 Tbsp		6 Tbsp, 0.24 tsp	

Method

1. In a large skillet, heat the oil over medium high heat.
2. Saute the onion, garlic and peppers until they begin to soften.
3. Season with salt and pepper.
4. In a deep container, puree 1/3 of the beans with the water using an immersion blender.
5. Add that mixture to the cooked vegetables along with the remaining beans.
6. Add oregano, cumin and bay leaf and mix well.
7. Simmer on low for an additional hour, stirring occasionally.
8. Add the vinegar and mix well to combine.
9. Hold hot for service according to HACCP SOP or cool in hotel pans according to HACCP SOP.
10. Reheat, covered, in a 350 degree oven to an internal temperature of 165 degrees.

Shopping List

Stock Number	Case Description	Loc.	Cases	Broken Units	Unit Description
2413	ONION YELLOW JUMBO #		4	0.5	LB
2416	GARLIC WHL PER LB		0	0.15	LB
2418	PEPPER GREEN MED 25#		0	4.88	LB
1011	SALT KOSHER		0	0.1	BOX (3 LB)
1020	SPICE PEP BLK 18OZ		0	1.5	OZ
2506	BEANS BLACK 6/10		0	1.51	CAN (111 OZ)
1309	OIL VEGETABLE 6/1GAL		0	0.06	GALLON (1)
1030	SPICE, OREGANO LEAF DRIED 24 OZ		0	0.25	OZ
1026	SPICE, CUMIN GROUND 16 OZ		0	0.4	OZ
1022	SPICE, BAY LEAF WHOLE 12 OZ		0	0.03	OZ
1037	VINEGAR, SHERRY 2/5LTR		0	0	BOTTLE (169.07 FL OZ)

Source URL: http://www.thelunchbox.org/menus-recipes/recipes/beans-cuban-black

Links:
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