

# COWBOY BEANS AND CORNBREAD



**YIELD:** 25 servings

**SERVING SIZE:**  $\frac{3}{4}$  cup beans and sauce

**PREP TIME:** 15 minutes

**COOK TIME:** 10-20 minutes



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**YIELD:** 25 servings | **SERVING SIZE:** ¾ cup beans and sauce | **PREP TIME:** 15 minutes | **COOK TIME:** 10-20 minutes

INGREDIENTS	WEIGHT	MEASURE	METHOD
Tomato paste, no added salt	14 oz		1. Combine tomato paste, water, crushed tomatoes and all seasonings for a smooth sauce.
Water		1 qt, ½ cup	
Tomatoes, crushed in puree, canned, low sodium	1 28-oz can		
Chili powder		¼ cup	
Minced onion (dried)		¼ cup	
Garlic powder		2 Tbsp	
Salt		1 Tbsp	
Pinto beans, low sodium, canned, drained and rinsed		3 qt, ½ cup	2. Add drained, rinsed pinto beans, and stir to combine. Heat to 135°F and serve immediately. <b>CCP:</b> Hot hold at 135°F or higher.
<b>SUGGESTED SERVING:</b> Prepared cornbread, such as USDA Cornbread Recipe  Fresh diced onion for garnish, if desired		25 2-oz eq servings	<b>FOR EACH SERVING:</b> Place a serving of cornbread on tray and top with ¾ cup pinto beans in sauce. Garnish with fresh diced onion, if desired.

**Meal Components per ¾ cup serving of prepared beans (does not include cornbread):**

2 oz eq Meat/Meat Alternate and ¼ cup Red/Orange vegetables OR ¾ cup Vegetables (½ cup Legumes, Beans and Peas and ¼ cup Red/Orange vegetable subgroups)

**Approximate nutritional contribution per ¾ cup serving of prepared beans (does not include cornbread):**

155 Calories, 1 g Fat, 0 g Saturated Fat, 0 g *Trans* fat, 0 mg Cholesterol, 530 mg Sodium, 30 g Carbohydrate, 9 g Dietary Fiber, 4 g Sugars, 9 g Protein, 700 IU Vitamin A, 7 mg Vitamin C, 60 mg Calcium, 3 mg Iron.

**COOLING:** CCP: Cool to 70°F or lower within 2 hours and from 70°F to 40°F within 4 more hours. Place in shallow pans with a product depth of 2 inches or less and refrigerate or place shallow pans of product into ice bath, immerse pans into ice up to product level and stir frequently. Cover and label product.

**REHEATING:** CCP: Reheat to 165°F or higher for 15 seconds, within 2 hours.

**SANITATION INSTRUCTIONS:** Wash hands and exposed parts of arms before handling food, after handling raw foods, and after any interruption that may contaminate hands. Wash, rinse and sanitize all equipment and utensils before and after use. Return all ingredients to refrigerator if preparation is interrupted. Measure all internal product temperatures with a cleaned and sanitized thermocouple or thermometer every 2 hours. Thaw frozen product properly using an FDA recommended method.

\*Other pulses may be used in this recipe. For example, lentils, red beans or kidney beans may be used in place of pinto beans.

