



## Refried Beans



Recipe Rating	
Total Time	60 Minutes
Cooking Time	50 Minutes
Total Labour	10 Minutes
Knife Skills	Basic

Equipment
Masher
Mixing Bowl or Pan
½ size- 2" deep production pans
Bulk Retherm Cart (or regular oven) <b>or</b> Tray Service Retherm Cart

Nutrition Facts	
Valeur nutritive	
Per 1 serv (155g) / par 1 serv (155g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b> 130	
<b>Fat / Lipides</b> .5g	1%
Saturated / satures 0g	
+ Trans / trans 0g	2%
<b>Cholesterol / Cholesterol</b> 0mg	
<b>Sodium / Sodium</b> 720mg	30%
<b>Carbohydrate / Glucides</b> 23g	8%
Fibre / Fibres 9g	37%
Sugars / Sucres 0g	
<b>Protein / Proteines</b> 9g	
Vitamin A / Vitamine A	
Vitamin C / Vitamine C	8%
Calcium / Calcium	6%
Iron / Fer	20%

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	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Canned Black or Pinto Beans	3.2 L	2.8 quarts	6.4 L	5.6 quarts
Water	250 mL	1 cups	500 mL	2 cups
Onion	225 g	0.5 lb.	550 g	1 lb.
Garlic	30 mL	2 Tbsp.	60 mL	4 Tbsp.
Salt	25 mL	5 tsp	50 mL	3 Tbsp.
Pepper	10 mL	2 tsp	20 mL	4 tsp
Cumin	1 mL	¼ tsp	2 mL	½ tsp
Shredded Cheese	250 mL	1 cup	500 mL	2 cups

## Method



1. Open and rinse canned beans. Chop onions to a small dice (1 cm or ½").



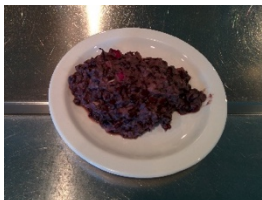
2. Add the water to the beans and mash until smooth consistency. Add all ingredients except cheese and mix well. Put into bulk pan or plate.



3. **Bulk:** Sprinkle cheese on top of pan. Cover with saran wrap and aluminum foil. Place pan in Multigen for 50 minutes. Remove and serve.

**Cold Plating:** Sprinkle cheese on plate and cover with lid. Place on the hot side of the tray to retherm prior to service.

Feel free to omit cheese for lactose-free patients



4. Serve Hot.

Garnish: Finely chopped green onions

Food Accompany: appropriate entrees like enchilada or corn chips