



Black Beans With Plantains

This flavorful dish includes black beans and plantains, two foods that are frequently used in meals prepared in South America and the Caribbean. Plantains are a staple food in many tropical regions. They can be steamed or boiled and used in a manner similar to the way potatoes are used in North America.

CACFP CREDITING INFORMATION

1 cup (8 oz ladle) provides legume as meat alternate: 1½ oz equivalent meat alternate ¼ cup vegetable, and ½ oz equivalent grains; OR legume as vegetable: ⅝ cup vegetable and ½ oz equivalent grains.

SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Brown rice, long-grain, uncooked	12½ oz	2 cup	1 lb 9 oz	1 qt	1 Combine brown rice and water in a large stockpot. Stir once. For 25 servings, add 1 qt water to rice. For 50 servings, add 2 qt water to rice.
Water		1 qt 2 cup		3 qt	
					3 Cover and reduce heat to medium. Cook until water is absorbed, about 30–40 minutes. Fluff the rice gently with a fork.
Canola oil		1 Tbsp 1 tsp		2 Tbsp 2 tsp	4 Heat oil in a medium stockpot or a tilting kettle on medium-high heat.
*Onions, fresh, ¼" diced	1 lb 5 oz	1 qt 1¼ cup	2 lb 10 oz	2 qt 2½ cup	5 Sauté onions until soft.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Garlic, fresh, minced		4 cloves OR 2 tsp		8 cloves OR 1 Tbsp 1 tsp	6 Add garlic. Continue cooking on medium–high heat until garlic is fragrant, about 2–4 minutes. Stir frequently.
*Black beans, low-sodium, canned, drained and rinsed; OR black beans, dry, cooked	6 lb	1 gal $\frac{2}{3}$ cup (1 $\frac{1}{2}$ No. 10 can)	10 lb 15 oz	2 gal 1 $\frac{1}{3}$ cup (2 $\frac{1}{2}$ No. 10 can)	7 Add cooked rice, black beans, remaining water, tomato sauce, plantains, cumin, paprika, and pepper.
Water		1 qt		2 qt	8 Stir well and bring to boil. Stir frequently.
Tomato sauce, low-sodium, canned	1 lb 11 oz	1 qt $\frac{1}{4}$ cup ($\frac{1}{4}$ No. 10 can)	3 lb 6 oz	2 qt $\frac{1}{2}$ cup ($\frac{1}{2}$ No. 10 can)	9 Reduce heat to medium–low and simmer for 10–15 minutes or until liquid is absorbed into the ingredients. Critical Control Point: Heat to 140 °F for at least 15 seconds.
*Plantains, raw, ripe (yellow), peeled, $\frac{1}{4}$ " diced	12 $\frac{1}{2}$ oz	2 $\frac{3}{4}$ cup	1 lb 9 oz	1 qt 1 $\frac{1}{2}$ cup	
Cumin, dried, ground		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup	
Paprika		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Black pepper, ground		2 tsp		1 Tbsp 1 tsp	10 Serve 1 cup (8 oz ladle). Critical Control Point: Hold at 140 °F or higher.
Salsa, traditional (optional)	4 oz	$\frac{1}{2}$ cup 1 tsp	8 oz	1 cup 2 tsp	11 Garnish each serving with 1 tsp of salsa, 1 tsp of cilantro, and 1 tsp of green onions (optional).
Cilantro, fresh, chopped (optional)	2 oz	$\frac{1}{2}$ cup 1 tsp	4 oz	1 cup 2 tsp	
*Green onions with tops, fresh, chopped (optional)	2 oz	$\frac{1}{2}$ cup 1 tsp	4 oz	1 cup 2 tsp	

NUTRITION INFORMATION

For 1 cup (8 oz. ladle).

NUTRIENTS	AMOUNT
Calories	197
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Total Fat	2 g
Saturated Fat	0 g
Cholesterol	N/A
Sodium	193 mg
Total Carbohydrate	38 g
Dietary Fiber	10 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	9 g
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Vitamin D	N/A
Calcium	65 mg
Iron	4 mg
Potassium	N/A

N/A=data not available.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	1 lb 8 oz	3 lb
Plantains	1 lb 4 oz	2 lb 7 oz
Black beans, dry	3 lb 12 oz	7 lb 7 oz
Green onions	2½ oz	5 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

1 clove is about ½ teaspoon minced.

Tips for Soaking Dry Beans

1 lb dry black beans = about 2¼ cups dry or 4½ cups cooked beans.

Overnight Method: Add 1¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-Soak Method: Boil 1¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

Tips for Cooking Dry Beans

Once the beans have been soaked, add 1¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use cooked beans immediately.

Critical Control Point: Hold for hot service at 140 °F or higher or chill for later use. To chill, cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

YIELD/VOLUME

25 Servings	50 Servings
12 lb 14¼ oz	25 lb 12½ oz
1 gal 2 qt 1 cup	3 gal 2 cup

