

# Black Bean Hummus



<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12052

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BLK TRTL DRY LOW SOD 6-10 COMM	3 Gallon 1 Pint (50 Cup)		518551
BEAN GARBANZO LO SOD 6-10 P/L	3 Gallon 1 Pint (50 Cup)	Boil Beans First	597991
LEMON JUICE 100	2 1/4 Quart		311227
GARLIC WHL FRSH	1 1/4 Quart		907673
OIL BLND SOY/POM OLV 90/10	3/4 Cup		524948
SALT IODIZED	1 Tablespoon		108286
SPICE CUMIN GRND	1/4 Cup		777072
SPICE PEPR WHITE GRND	1 Fluid Ounce		513776
CILANTRO CLEANED	2 5/8 Quart		219550

## Preparation Instructions

Directions:

Combine black beans, garbanzo beans, lemon juice, garlic, oil, salt, cumin, and pepper in a food processor. Puree on medium speed for 1-2 minutes until beans have a smooth consistency. DO NOT OVERMIX.

Using a rubber spatula, scrape black bean mixture into a large bowl.

Add cilantro. Stir well.

Transfer 3 qt 1/2 cup (about 7 lb 5 oz) black bean hummus to a steam table pan (12" x 20" x 2 1/2"). Cover pans tightly.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Cool to 41 °F or lower within 4 hours.

Critical Control Point: Hold at 41 °F or lower.

(Optional) Serve with chips.

Portion with No. 8 scoop (1/2 cup).

Notes:

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

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides:

5: Legume as Meat/Meat Alternate: 2 oz equivalent meat/meat alternate.

6: OR

7: Legume as Vegetable: 1/2 cup legume vegetable.

8: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides:

9: Legume as Meat/Meat Alternate: 2 oz meat/meat alternate.

10: OR

11: Legume as Vegetable: 1/2 cup vegetable.

12: How to Cook Dry Beans

13: Special tip for preparing dry beans:

14: SOAKING BEANS

15: OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

16: QUICK-SOAK METHOD: Boil 1 ¾ 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.

17: COOKING BEANS

18: Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

19: Critical Control Point: Hold for hot service at 135 °F or higher.

20: OR

21: Chill for later use.

22: Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

23: 1 lb dry black beans = about 2 1/4 cups dry or 4 1/2 cups cooked beans.

24: 1 lb dry garbanzo beans or chickpeas = about 2 1/2 cups dry or 6 1/4 cups cooked beans.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.106
<b>Legumes</b>	1.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		235.31	
<b>Fat</b>		2.68g	
<b>SaturatedFat</b>		0.24g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		352.16mg	
<b>Carbohydrates</b>		41.55g	
<b>Fiber</b>		12.17g	
<b>Sugar</b>		1.00g	
<b>Protein</b>		12.51g	
<b>Vitamin A</b>	0.72IU	<b>Vitamin C</b>	7.68mg
<b>Calcium</b>	59.50mg	<b>Iron</b>	1.83mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available