

Recipe Name: Red Beans

Resources used for Crediting: FBG

Component Contribution

X ___ Meat/Alt X ___ Vegetable/Fruit
 ___ Grain/Bread

<u>22</u> Servings	<u>1.09 cups</u> Portion Size	<u>3-5 yr old</u> Age Group
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Ingredient	Form (whole, chopped)	<u>24 cups</u> Recipe Yield	
		Weight	Measure
Kidney Beans	Canned, Undrained		4 27 oz
Crushed Tomato	Canned		28 oz
Onion, large	Chopped		1 large
Bell peppers	Chopped		2 peppers
Bay leaves			4
Garlic	Chopped		3 Tbsp
Parsley	Chopped		3 Tbsp
Thyme	Dried, crushed		2 tsp
Salt			1 tsp
Pepper			1 tsp

Directions:

Combine all ingredients in a large stockpot.
 Simmer until vegetables are tender.