



# BLACK BEAN & BROWN RICE CAKES

**Yield: 50/100 servings**  
**Serving Size:**  
**2 x 1/8-cup cakes**



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**APPROXIMATE NUTRIENTS PER SERVING\*\*:** Calories 243, Protein 10 g, Carbohydrate 45 g, Total Fat 3 g, Saturated Fat 1 g, Cholesterol 27 mg, Vitamin A 155 IU, Vitamin C 6 mg, Iron 3 mg, Calcium 90 mg, Sodium 294 mg, Dietary Fiber 10 g

# BLACK BEAN & BROWN RICE CAKES

Prep Time: 30 minutes  
Cook Time: 30-35 minutes



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	WEIGHT	MEASURE	
Black beans, low-sodium, canned drained, rinsed	8 lb 3 oz	1 gal 1 qt	16 lb 6 oz	2 gal 2 qt	1. In the bowl of a food processor, pulse black beans slightly until chopped. Add eggs and pulse several times. Add in cilantro and pulse until combined. Hold. Critical Control Point: Refrigerate below 41°F.
Pasteurized egg product		1 ½ cups		3 cups	
Cilantro, fresh, coarsely chopped	3 oz	3 cups	6 oz	1 ½ qt	
Vegetable oil		3 tbsp		¼ cup	2. In a large, heavy skillet, heat oil over medium-high heat; stir in onion and sauté 3-4 minutes, or until onions start to caramelize. Stir in garlic, cumin, chili powder and red pepper and continue cooking 1-2 minutes. Critical Control Point: Cook to an internal temperature of 145°F or higher for at least 15 seconds. Remove from heat.
Sweet onion, minced	4 lb 12 oz	3 qt	9 lb 8 oz	1 ½ gal	
Garlic, chopped		½ cup		1 cup	
Cumin, ground		¼ cup		½ cup	
Chili powder, toasted		2 tbsp		¼ cup	
Red pepper, ground		½ tsp		1 tsp	
Brown rice, cooked*	10 lb 12 oz	1 ½ gal 1 cup	21 lb 8 oz	3 gal 2 cups	3. Place reserved black bean mixture into a large bowl, fold in rice and onion-garlic mixture and mix well. Add salt and pepper and mix. Chill mixture. Critical Control Point: Refrigerate below 41°F.
Salt		1 tbsp		2 tbsp	
Black pepper, ground		1 tsp		2 tsp	
Paprika or smoked paprika, for dusting					4. Scoop 100 x ⅓-cup scoops (No. 12 scoop) of rice and bean mixture onto parchment-covered, full-size sheet pans, evenly spaced. Flatten slightly with a spatula. Sprinkle tops with paprika or smoked paprika and bake. Convection oven: 350°F or conventional oven: 400°F for 30-35 minutes or until slightly golden and heated to 165 F or higher for 15 seconds. Outsides of the cakes will be slightly crisp. Remove from pan. Critical Control Point: Hold hot at 135°F or higher for service.
Prepared low-fat ranch dressing, optional		4 ¾ cups		2 qt 1 ½ cups	
					5. To Serve: Serve 2 cakes with 1 ½ tbsp ranch dressing (optional). Critical Control Point: Hold hot at 135°F or higher for service.

**ONE SERVING PROVIDES:** 1 oz eq G, ⅔ cup beans/peas (legumes) V, ⅛ cup other V

**COOLING:** Critical Control Point: Cool from 135°F to 70°F or lower within 2 hours and from 70°F to 41°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 in ice up to product level and stir frequently. Cover and label product.

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

\*Follow package cooking instructions or visit MenuRice.com for suggested rice preparation methods. Recipe may utilize fresh cooked rice or rice prepared in advance and chilled. When cooking and chilling rice for use in recipes, follow proper Critical Control Points for chilling procedures and hold cold at 41°F or lower until ready to use as directed.

\*\*Nutritional information does not include optional low-fat ranch dressing.