

VEGETABLES

BEANS and PEAS (LEGUMES)

Section 2 - Vegetables – Beans and Peas (Legumes)					
1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
BEANS, BLACK (TURTLE BEANS)					
Beans, Black (Turtle beans), dry, canned <i>Whole</i> <i>Includes USDA Foods</i>	No. 10 can (110 oz)	27.8	1/4 cup heated, drained vegetable	3.6	1 No. 10 can = about 62.0 oz (6-7/8 cups) heated, drained beans
	No. 300 can (15-1/2 oz)	5.91	1/4 cup heated, drained vegetable	17.0	1 No. 300 can = about 10.5 oz (1-3/8 cups) heated, drained beans
Beans, Black (Turtle beans), dry <i>Whole</i>	Pound	18.3	1/4 cup cooked vegetable	5.5	1 lb dry = 2-1/4 cups dry beans
BEANS, BLACK-EYED (or PEAS)					
Beans, Black-eyed (or Peas), dry <i>Whole</i> <i>Includes USDA Foods</i>	Pound	28.30	1/4 cup cooked vegetable	3.6	1 lb dry = about 2-3/4 cups dry beans
Beans, Black-eyed (or Peas), dry, canned <i>Whole</i> <i>Includes USDA Foods</i>	No. 10 can (108 oz)	37.7	1/4 cup heated, drained vegetable	2.7	1 No. 10 can = about 65.0 oz (9-3/8 cups) heated, drained beans
	No. 300 can (15 oz)	4.91	1/4 cup heated, drained vegetable	20.4	
BEANS, GARBANZO OR CHICKPEAS					
Beans, Garbanzo or Chickpeas, dry, canned <i>Whole</i> <i>Includes USDA Foods</i>	No. 10 can (105 oz)	42.0	1/4 cup drained vegetable	2.4	1 No. 10 can = about 68.4 oz (10-1/2 cups) unheated, drained beans
	No. 300 can (15 oz)	6.70	1/4 cup drained vegetable	15.0	1 No. 300 can = about 9.6 oz (1-2/3 cups) unheated, drained beans
	Pound	6.31	1 /4 cup drained vegetable	15.9	

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BEANS, GARBANZO OR CHICKPEAS (continued)					
Beans, Garbanzo or Chickpeas, dry <i>Whole</i>	Pound	24.60	1/4 cup cooked vegetable	4.1	1 lb dry = about 2-1/2 cups dry beans
BEANS, GREAT NORTHERN					
Beans, Great Northern, dry, canned <i>Whole</i> <i>Includes USDA Foods</i>	No. 10 can (110 oz)	32.40	1/4 cup heated, drained vegetable	3.1	1 No. 10 can = about 68.5 oz (about 8-1/8 cups) heated, drained beans
	No. 300 can (14 oz)	4.37	1/4 cup heated, drained vegetable	22.9	
Beans, Great Northern, dry <i>Whole</i> <i>Includes USDA Foods</i>	Pound	25.50	1/4 cup cooked vegetable	4.0	1 lb dry = about 2-1/2 cups dry beans
BEANS, KIDNEY					
Beans, Kidney, dry, canned <i>Whole</i> <i>Includes USDA Foods</i>	No. 10 can (108 oz)	38.90	1/4 cup heated, drained vegetable	2.6	1 No. 10 can = about 65.0 oz (9-5/8 cups) heated, drained beans
	No. 10 can (108 oz)	43.40	1/4 cup drained vegetable	2.4	1 No. 10 can = about 71.0 oz (10-3/4 cups) drained, unheated beans
	No. 2-1/2 can (30 oz)	11.60	1/4 cup heated, drained vegetable	8.7	
	No. 2-1/2 can (30 oz)	12.60	1/4 cup drained vegetable	8.0	
	No. 300 can (15-1/2 oz)	5.61	1/4 cup heated, drained vegetable	17.9	1 No. 300 can = about 9.5 oz (1-3/8 cups) heated, drained beans
	No. 300 can (15-1/2 oz can)	5.88	1/4 cup drained vegetable		1 No. 300 can = about 10.0 oz (1-3/8 cups) drained, unheated beans

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BEANS, KIDNEY (continued)					
Beans, Kidney, dry <i>Whole</i> <i>Includes USDA Foods</i>	Pound	24.80	1/4 cup cooked vegetable	4.1	1 lb dry = about 2-1/2 cups dry beans
BEANS, LIMA					
Beans, Lima, dry <i>Baby</i> <i>Whole</i> <i>Includes USDA Foods</i>	Pound	23.40	1/4 cup cooked vegetable	4.3	1 lb dry = about 2-3/8 cups dry beans
Beans, Lima, dry <i>Fordhook</i> <i>Whole</i>	Pound	27.00	1/4 cup cooked vegetable	3.8	1 lb dry = about 2-5/8 cups dry beans
BEANS, MUNG					
Beans, Mung, dry <i>Whole</i>	Pound	28.10	1/4 cup cooked vegetable	3.6	1 lb dry = about 2-1/4 cups dry beans
BEANS, NAVY or PEA					
Beans, Navy or Pea, dry <i>Whole</i> <i>Includes USDA Foods</i>	Pound	23.90	1/4 cup cooked vegetable	4.2	1 lb dry = about 2-1/4 cups dry beans
BEANS, PINK					
Beans, Pink, dry, canned <i>Whole</i> <i>Includes USDA Foods</i>	No. 10 can (110 oz)	34.0	1/4 cup heated, drained vegetable	3.0	1 No. 10 can = about 12-1/4 cups drained, unheated beans or 8-1/2 cups heated, drained beans
Beans, Pink, dry <i>Whole</i> <i>Includes USDA Foods</i>	Pound	19.30	1/4 cup cooked vegetable	5.2	1 lb dry = about 2-1/4 cups dry beans

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BEANS, PINTO					
Beans, Pinto, dry, canned <i>Whole</i> <i>Includes USDA Foods</i>	No. 10 can (108 oz)	37.20	1/4 cup heated, drained vegetable	2.7	1 No. 10 can = about 67.4 oz (9-1/4 cups) heated, drained beans
	Pound	5.51	1/4 cup heated, drained vegetable	18.2	
Beans, Pinto, dry <i>Whole</i> <i>Includes USDA Foods</i>	Pound	21.00	1/4 cup cooked vegetable	4.8	1 lb dry = about 2-3/8 cups dry beans
Beans, Pinto, dehydrated	Pound	21.70	1/4 cup cooked vegetable	4.7	1 lb AP = about 3-3/4 dehydrated beans 1 lb AP = about 5-3/8 cups rehydrated, cooked beans when water to dry beans = 2:1 ratio
BEAN PRODUCTS					
Bean Products, dry beans, canned Beans Baked or In Sauce Vegetarian <i>Includes USDA Foods</i>	No. 10 can (108 oz)	47.10	1/4 cup heated vegetable with sauce	2.2	No. 10 can = about 11-3/4 cups heated beans with sauce
	No. 300 can (16 oz)	6.94	1/4 cup heated vegetable with sauce	14.4	1 No. 300 can = about 1-3/4 cups heated beans with sauce
Bean Products, dry beans, canned Beans Baked or in Sauce with Pork	No. 10 can (110 oz)	48.90	1/4 cup heated vegetable	2.1	
	No. 2-1/2 can (30 oz)	13.3	1/4 cup heated vegetable	7.6	
	No. 300 can (16 oz)	7.10	1/4 cup heated vegetable	14.1	
Bean Products, dry beans, canned Beans with Bacon in Sauce	Pound	4.70	3/8 cup serving (about 1/4 cup heated beans)	21.3	
	Pound	3.13	1/2-cup plus 1 Tbsp serving (about 3/8-cup heated beans)	32.0	

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BEANS, REFRIED					
Beans, Refried, canned <i>Includes USDA Foods</i>	No. 10 can (115 oz)	49.60	1/4 cup heated vegetable	2.1	1 No. 10 can = about 12-1/4 cups heated, refried beans
	No. 300 can (16 oz)	7.08	1/4 cup heated vegetable	14.2	1 No. 300 can = about 1-3/4 cups heated refried beans
Beans, Refried, dehydrated	Pound	20.50	1/4 cup cooked vegetable	4.9	1 lb AP = about 3-1/2 cups dehydrated 1 lb AP = about 5-1/8 cups rehydrated, cooked beans when water to dry beans = 2:1 ratio
BEANS, RED, SMALL					
Beans, Red, Small, dry, canned <i>Whole</i> <i>Includes USDA Foods</i>	No. 10 can (111 oz)	31.90	1/4 cup heated, drained vegetable	3.2	1 No. 10 can = about 71.2 oz (8 cups) heated, drained beans
	No. 300 can (15-1/2 oz)	4.94	1/4 cup heated, drained vegetable	20.3	1 No. 300 can = about 8.5 oz (1-1/8 cups) heated, drained beans
Beans, Red, Small, dry <i>Whole</i> <i>Includes USDA Foods</i>	Pound	20.40	1/4 cup cooked, drained vegetable	5.0	1 lb dry = about 2-1/8 cups dry beans
BEANS, SOY					
Beans, Soy, fresh (Edamame) Shelled	Pound	10.70	1/4 cup cooked, drained vegetable	9.4	
Beans, Soy, fresh (Edamame) <i>Whole</i> <i>In shell</i>	Pound	6.90	1/4 cup cooked, drained, shelled vegetable	14.5	1 lb in pod = 0.65 lb (about 1-3/4 cups) blanched, shelled beans
Beans, Soy, dry, canned <i>Shelled</i>	Pound	7.30	1/4 cup heated, drained vegetable	13.7	

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BEANS, SOY (continued)					
Beans, Soy, dry <i>Shelled</i>	Pound	25.90	1/4 cup cooked vegetable	3.9	1 lb dry about 2-1/2 cup dry beans
CHICKPEAS (see BEANS, GARBANZO)					
LENTILS, DRY					
Lentils, dry	Pound	29.60	1/4 cup cooked lentils	3.4	1 lb dry = about 2-3/8 cups dry lentils
	Pound	19.70	3/8 cup cooked lentils	5.1	
PEAS, BLACKEYED (see BEANS, BLACKEYED)					
PEAS, GREEN					
Peas, Green, dry <i>Whole</i>	Pound	25.60	1/4 cup cooked vegetable	4.0	1 lb dry = about 2-1/3 cups dry peas
Peas, Green, dry <i>Split</i> <i>Includes USDA Foods</i>	Pound	23.10	1/4 cup cooked vegetable	4.4	1 lb dry = about 2-1/4 cups dry split peas
SOUPS, CANNED					
Soups, canned <i>Bean Soup</i> <i>Condensed</i> <i>(1 part soup to 1 part water)</i>	No. 3 Cyl (54 oz)	23.0	1/2 cup reconstituted (1/4 cup heated beans)	4.4	Reconstitute 1 part soup with not more than 1 part water
	Pound	6.80	1/2 cup reconstituted (1/4 cup heated beans)	14.8	
Soups, canned <i>Bean Soup</i> <i>Ready-to-serve</i>	8 oz can	1.00	1 cup serving (1/2 cup heated beans)	100.0	
TURTLE BEANS (see BLACK BEANS)					