



CAJUN RED BEANS

The Traveling Palate

Furmano's brings you to New Orleans' French Quarter, creating a foodservice flavor destination as big as the Mississippi Delta. These red beans, with the spicy bayou flare, let you bump your menu up a notch. Transform any meal into a culinary adventure with **Furmano's Discovery Collection**.



Red Bean
Jambalaya

Distinct flavors from around the world



Painted Desert
Chili Beans



Smoky Mountain
Pinto Beans



Floribbean
Black Beans



Tuscan
White Beans



Cajun
Red Beans



Veracruz
Garbanzo Beans



CAJUN RED BEANS

Small red beans with a spicy bayou flare

FEATURES & BENEFITS

- Authentic flavors from around the world.
- Labor saving, ready-to-serve flavored beans.
- Add your own twist for a signature dish.
- Consistent flavor profile from recipe to recipe.
- Reduce the need to store other ingredients to create a finished side dish.
- We use only the highest quality beans available:
 - Uniform bright color.
 - Whole beans, slightly soft, slightly firm texture.
- Healthy, high in fiber, good source of protein, low fat, cholesterol free food.

INGREDIENTS:

Red Beans, Water, Tomato Paste, Salt, Garlic, Soybean Oil, Dehydrated Onion, Spices, Paprika, Hot Pepper Sauce (Distilled Vinegar, Red Pepper) and Modified Food Starch.

Nutrition Facts

Serving Size 1/2 cup (122g)
Servings Per Container About 25

Amount Per Serving		Calories from Fat 10	
		% Daily Value*	
Calories 140			
Total Fat 1g			2%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 530mg			22%
Total Carbohydrate 24g			8%
Dietary Fiber 9g			36%
Sugars 2g			
Protein 7g			
Vitamin A 2%	•	Vitamin C 0%	
Calcium 6%	•	Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your total calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories Per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4

RED BEAN JAMBALAYA

Makes 10 servings

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| <p>1/4 cup olive oil</p> <p>1/2 cup diced onion</p> <p>1/2 cup diced red pepper</p> <p>1 cup long grain rice</p> <p>1 tbsp. minced garlic</p> <p>2 cups Furmano's Cajun Red Beans</p> <p>2 1/2 cups chicken broth</p> <p>1/2 cup peeled and deveined shrimp</p> <p>1/2 cup andouille sausage</p> <p>1/2 tsp. salt</p> <p>hot pepper sauce</p> | <ol style="list-style-type: none"> 1. In a medium pot over medium heat, add olive oil. 2. Add onion and red pepper, saute until onions are translucent. 3. Add rice and garlic. Saute until rice is well coated with oil. 4. Add Furmano's Cajun Red Beans and 1 1/2 cups of chicken broth. Reduce heat to low and stir until liquid is completely absorbed into the rice. 5. Next, add the remaining chicken broth, shrimp, salt, and sausage. Heat over low heat until shrimp are cooked through and liquid is absorbed. Use additional liquid if necessary. 6. Stir and add hot pepper sauce to your liking. |
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Order # Case UPC	Label UPC	Product	Storage Temp	Shelf Life	Kosher
41188-11410	41188-04722	Cajun Red Beans	65°F	24 Months	U

Consult with Furmano's Corporate Chef for menu ideas and plating costs.

For more information call 1-877-877-6032 M-F 9am - 4pm EST
Furmano Foods, P.O. Box 500, Northumberland, PA 17857-0500

Visit www.FurmanosFoodservice.com for more recipes.