

Cookbook for COAL CITY INTERMEDIATE SCHOOL

Created by HPS Menu Planner

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[Black Beans and Corn](#)

Black Beans and Corn



Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-1743

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEANS BLACK LO SOD 6-10 BUSH	25 Cup		231981
CORN CUT IQF 30 KE	25 Cup		283730
SPICE PARSLEY FLAKES 2Z TRDE	1 Cup		259195
SEASONING TACO SLT FR 19.5Z TRDE	1 Cup		605062

Preparation Instructions

Drain black beans

Combine beans/corn and seasoning, cover pan with foil

Bake at 350 degrees until temperature reaches 165 degrees

Sprinkle with parsley and serve

serving size 8oz- 1 cup

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.25

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	204.23		
Fat	1.25g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	143.73mg		
Carbohydrates	40.59g		
Fiber	7.97g		
Sugar	2.97g		
Protein	9.72g		
Vitamin A	266.66IU	Vitamin C	2.37mg
Calcium	69.60mg	Iron	2.59mg