

Marinated Black Bean Salad



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12051
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BLK TRTL DRY LOW SOD 6-10 COMM	1 1/2 Gallon		518551
JUICE LIME	1 Cup		199028
SPICE PARSLEY FLAKES	1 Cup		259195
SPICE CUMIN GRND	1 Fluid Ounce		777072
GARLIC WHL FRSH	7/8 Cup		907673
SEASONING ANCHO CHILI	1/4 Cup		748570
CILANTRO CLEANED	2 5/8 Quart		219550
OIL BLND SOY/POM OLV 90/10	1/2 Cup		524948
HONEY SQZ BTL 16Z	1 Pint		217523
VINEGAR APPLE CIDER 5	1 Cup		430795
CORN CUT IQF	1 Pint 1 1/4 Cup (3 1/4 Cup)	BAKE	285620
PEPPERS GREEN DCD 1/4IN	1 1/2 Pound		198331
PEPPERS RED DCD 3/8IN	1 1/2 Quart		581992
Salsa, Low-Sodium, Canned	1 5/8 Quart	READY_TO_EAT	100330

Description	Measurement	Prep Instructions	DistPart #
ONION RED DCD 1/4IN	1 Pint		429201
PEPPERS JALAP SLCD 128CT	4 Ounce		466240
CHEESE CHED SHRD	2 Pound		199720

Preparation Instructions

Directions:

Dressing: Combine lime juice, parsley, cumin, garlic, ancho chili powder, cilantro, olive oil, honey, and apple cider vinegar. Stir well. Set aside for step 3.

Combine black beans, corn, green peppers, red peppers, salsa, onions, and jalapenos in a large bowl. Stir well. Set aside for step 3.

Pour 1 1/2 cups (about 14 oz) dressing over 3 qt (about 5 lb 3 oz) vegetables. Stir well.

Transfer 3 qt 1 1/2 cups (about 5 lb 13 oz) bean salad to a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Sprinkle 2 cups (about 8 oz) cheese over each pan.

Critical Control Point: Cool to 41 °F or lower within 4 hours.

Critical Control Point: Hold at 41 °F or below.

Portion with No. 8 scoop (1/2 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #1: No Cook

3: Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)

4: Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

5: Serving

6: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides:

7: Legume as Meat/Meat Alternate: 1 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, and 1/8 cup additional vegetable

8: OR

9: Legume as Vegetable: .25 oz equivalent meat /meat alternate, 1/8 cup legume vegetable, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, and 1/8 cup additional vegetable.

10: CACFP Crediting Information: 1/2 cup (No. 8 scoop) portion provides:

11: Legume as Meat/Meat Alternate: 1 oz meat/meat alternate and 3/8 cup vegetable

12: OR

13: Legume as Vegetable: .25 oz meat/meat alternate and 1/2 cup vegetable.

14: How to Cook Dry Beans

15: Special tip for preparing dry beans:

16: SOAKING BEANS

17: OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

18: QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

19: COOKING BEANS

20: Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

21: Critical Control Point: Hold for hot service at 135 °F or higher.

22: OR

23: Chill for later use.

24: Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

25: 1 lb dry black beans = about 2 1/4 cups dry or 4 1/2 cups cooked beans.

Meal Components (SLE)

Amount Per Serving

Meat	0.320
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.139
Legumes	0.256
Starch	0.007

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	134.05		
Fat	4.02g		
SaturatedFat	2.08g		
Trans Fat*	0.00g		
Cholesterol	9.60mg		
Sodium	205.66mg		
Carbohydrates	18.57g		
Fiber	4.93g		
Sugar	6.64g		
Protein	5.74g		
Vitamin A	240.12IU	Vitamin C	14.37mg
Calcium	9.50mg	Iron	0.21mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available