

BLACK BEAN SALAD (CANNED)-MERCHANTS

MEAL COMPONENT CONTRIBUTION:

½ cup of bean/pea/legume vegetable, ¼ cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 2/3 cup

RECIPE HACCP PROCESS: #1 - No cook



VEGETABLES (BEANS/PEAS) : VEGETABLES (OTHER)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beans, Black, Turtle, Dry, #10 Can, Low Sodium, #2800	4 #10 cans + 2 quarts
Corn, Yellow, Canned, Whole Kernel, #10, Low Sodium, #2809	2 #10 cans
Peppers, Green, Diced, Frozen, #1613	1 quart + 1 cup
Pimentos, Diced, Canned, #2817	1 quart + 1 cup
Onions, Frozen, Diced, #1610	1 1/3 cups
Lemon Juice, Canned/Bottled, #2247	1 cup
Parsley, Dried, Chopped, #2717	1/4 cup
Cumin Seed, Ground, #2706	2 teaspoons
Garlic Powder, #2709	1 tablespoon + 1 teaspoon
Salsa, Bulk, #2823	1 quart + 3 cups
Oil, Vegetable, #2507	1/2 cup
Cheese, Mozzarella, Shredded, #1307	2 pounds

DIRECTIONS

1. Defrost the peppers and onions in the refrigerator overnight. Drain them thoroughly before preparing the recipe.
2. Drain and rinse the black beans.
3. Drain the canned corn.
4. Combine the black beans, corn, green peppers, pimentos, and onions in a large bowl.
5. For the dressing, combine the lemon juice, parsley, cumin, garlic powder, salsa, and oil. Pour the dressing over the salad and toss lightly to combine.
6. Place the salad in serving line pans and cover them. Chill the salad for 2 hours before serving.

CCP: Cover and refrigerate at 41 degrees F or lower, until ready for service.

7. Before service, evenly distribute the mozzarella cheese on top of the serving line pans.
8. Portion with #6 scoop or 6 ounce spoodle per serving. Each portion provides ½ cup of bean/pea/legume vegetable, ¼ cup other vegetable.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

PRODUCTION NOTES

Use USDA Foods when available.

SERVING NOTES

Chill the salad for 2 hours before serving.

BLACK BEAN SALAD (CANNED)-MERCHANTS

PURCHASING GUIDE

Refer to the USDA FNS Food Buying Guide for School Meal Programs and/or the item's product formulation statement for quantities to purchase if the recipe is altered.

MISCELLANEOUS NOTES

- If changes are made in ingredients, check the crediting information and re-calculate the nutrition analysis.
- If menued as a vegetable, ½ cup beans provides a ½ cup of peas/beans vegetables. If menued as a meat/meat alternate, ½ cup beans provides 2 oz. eq. of meat alternate. Black beans must be counted as either a meat/meat alternate or a vegetable and cannot be counted as meeting both components in the daily requirements.

NUTRIENTS PER SERVING

Calories	208	Dietary Fiber	12.00 g	Sodium	267.00 mg	Sat. Fat	1.00 g
Carbohydrates	34.40 g	Protein	12.32 g	Total Fat	3.33 g	Trans Fat	0.00 g

BLACK BEAN SALAD (CANNED)-MERCHANTS

ILLUSTRATED STEPS FOR PREPARATION OF BLACK BEAN SALAD (CANNED)-MERCHANTS

1.



Black beans, corn, green peppers, onions and red peppers combined in a large bowl

2.



Pouring dressing over salad

3.



Shredded mozzarella cheese sprinkled over chilled salad

4.



1 serving of Black Bean Salad. This salad is a colorful accompaniment for tacos.