



USDA is an equal opportunity provider, employer, and lender.

Bean Burrito Bowl - USDA Recipe for CACFP



Makes: 25 or 50 Servings

Bean Burrito Bowl – Pinto beans combined with tomatoes, green onion, cilantro and spices, served over brown rice.

Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Canned low-sodium pinto beans, drained, rinsed	5 lb 8 oz	3 qt (1 1/4 No. 10 cans)	11 lb	1 gal 2 qt (2 1/2 No. 10 cans)
*Dry pinto beans, cooked (See Notes Section)	5 lb 8 oz	3 qt	11 lb	1 gal 2 qt
*Fresh onions, chopped	3 oz	1/2 cup 1 Tbsp 2 tsp	6 oz	1 cup 3 Tbsp 1 tsp
Garlic powder		1 1/2 tsp		1 Tbsp
Ground black pepper		1 tsp		2 tsp
Chili powder		1 1/2 Tbsp		3 Tbsp
Ground cumin		1 Tbsp		2 Tbsp
Paprika		1 1/2 tsp		1 Tbsp
Onion powder		1 1/2 tsp		1 Tbsp
Salt		1 tsp		2 tsp
Water		1 qt 1/2 cup		2 qt 1 cup
Canned no-salt-added tomato paste	14 oz	1 1/2 cups 1 Tbsp (1/8 No. 10 can)	1 lb 12 oz	3 cups 2 Tbsp (1/4 No. 10 can)
Water		1 qt 3 cups		3 qt 2 cups
Brown rice, long-grain, regular, dry, parboiled	1 lb 9 oz	1 qt	3 lb 2 oz	2 qt
Fresh cilantro, finely chopped	1 oz	1 3/4 cups	2 oz	3 1/2 cups
Reduced-fat cheddar cheese, finely shredded	8 oz	2 cups	1 lb	1 qt

Directions

1. Combine beans, onions, garlic powder, pepper, seasonings, water, and tomato paste in a medium stock pot. Stir well. Simmer over medium heat uncovered for 15 minutes, stirring occasionally.
2. Critical Control Point: Heat to 165 °F or higher for 15 seconds.
3. Critical Control Point: Hold for hot service at 140 °F.
4. Set aside for step 13.
5. Boil water for step 7.
6. Place 1 qt brown rice (1 lb 9 oz) in each steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
7. Pour boiling water (1 qt 3 cups per steam table pan) over brown rice. Stir. Cover pans tightly.

8. Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes.
9. Critical Control Point: Heat to 165 °F or higher for 15 seconds.
10. Remove rice from oven. Fold cilantro into rice. Set aside for step 12.
11. Assembly:
12. First layer: Portion rice mixture with No. 8 scoop (1/2 cup).
13. Second layer: Portion beans with No. 8 scoop (1/2 cup).
14. Third layer: Portion pico de gallo with No. 16 scoop (1/4 cup). See G-15 for recipe ingredients and directions.
15. Garnish each burrito bowl with 1 Tbsp of cheese.
16. Serve 1 burrito bowl.

Notes

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

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 1 burrito bowl provides:

Legume as Meat / Meat Alternate: 1 1/2 oz equivalent meat/meat alternate, 3/8 cup red/orange vegetable, 1/8 cup other vegetable, 1/8 cup additional vegetable, and 1 oz equivalent grains.

OR

Legume as Vegetable: 1/2 oz equivalent meat/meat alternate, 1/4 cup legume vegetable, 3/8 cup red/orange vegetable, 1/8 cup other vegetable, 1/8 cup additional vegetable, and 1 oz equivalent grains.

CACFP Crediting Information: 1 burrito bowl provides:

Legume as Meat / Meat Alternate: 1 1/2 oz meat/meat alternate, 5/8 cup vegetable, and 1 serving grains/bread.

OR

Legume as Vegetable: 1/2 oz meat/meat alternate, 7/8 cup vegetable, and 1 serving grains/bread.

How to Cook Dry Beans

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 3/4 qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 3/4 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.

COOKING BEANS

Once the beans have been soaked, add 1 $\frac{3}{4}$ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

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

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 41 °F or lower within 4 hours.

1 lb dry pinto beans = about 2 $\frac{3}{8}$ cups dry or 5 $\frac{1}{4}$ cups cooked beans.

My Notes

Source: USDA Standardized Recipe Project



United States Department of Agriculture
 What's Cooking? USDA Mixing Bowl

USDA is an equal opportunity provider, employer, and lender.



Marinated Black Bean Salad - USDA Recipe for CACFP

Makes: 12.5 or 25 Servings

Our Marinated Black Bean Salad combines black beans with corn, green peppers, red peppers, and salsa in a variety of spices.

QTY Ingredients:

Ingredients	12.5 Servings		25 Servings	
	Weight	Measure	Weight	Measure
Lime juice		1/4 cup		1/2 cup
Dried parsley		1 Tbsp		2 Tbsp
Ground cumin		1 1/2 tsp		1 Tbsp
Fresh garlic cloves		3 Tbsp 1 1/2 tsp	2 oz	1/4 cup 3 Tbsp
Ancho chili powder		1 Tbsp		2 Tbsp

Ingredients	12.5 Servings		25 Servings	
	Weight	Measure	Weight	Measure
Mexican seasoning mix (See Notes Section)		1 Tbsp		2 Tbsp
Fresh cilantro, minced		2 1/2 cups	2 Tbsp 3 oz	1 qt 1 1/4 cups
Olive oil		1/8 cup		1/4 cup
Honey		1/2 cup		1 cup
Apple cider vinegar		1/4 cup		1/2 cup
Canned low-sodium black beans, drained, rinsed	2 lb 8 oz	1 qt 1/4 cup 3 Tbsp (approx. 2/3 No. 10 can)	5 lb	2 qt 3/4 cup 2 Tbsp (approx. 1 1/3 No. 10 cans)
*Dry black beans, cooked (See Notes Section)	2 lb 8 oz	1 qt 1/4 cup 3 Tbsp	5 lb	2 qt 3/4 cup 2 Tbsp
Frozen whole-kernel corn, thawed	1 lb 12 oz	3/4 cup 1 Tbsp	3 lb 8 oz	1 1/2 cups 2 Tbsp
*Fresh green peppers, diced	6 oz	1 1/8 cups	12 oz	2 1/4 cups
*Fresh red peppers, diced	8 oz	1 1/2 cups	1 lb	3 cups
Canned low-sodium salsa	14 oz	1 1/2 cups 2 Tbsp (approx. 1/8 No. 10 can)	1 lb 12 oz	3 1/4 cups (approx. 1/4 No. 10 can)
*Fresh red onions, diced	2 oz	1/3 cup 2 3/4 tsp	4 oz	2/3 cup 1 Tbsp 2 1/2 tsp
Jalapenos, diced, seeded		1/4 cup	2 oz	1/2 cup
Low-fat cheddar cheese, shredded	8 oz	2 cups	1 lb	1 qt

Directions

1. 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.

2. Combine black beans, corn, green peppers, red peppers, salsa, onions, and jalapenos in a large bowl. Stir well. Set aside for step 3.
3. Pour 1 1/2 cups (about 14 oz) dressing over 3 qt (about 5 lb 3 oz) vegetables. Stir well.
4. 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 12.5 servings, use 1 pan. For 25 servings, use 2 pans.
5. Sprinkle 2 cups (about 8 oz) cheese over each pan.
6. Critical Control Point: Cool to 40 °F or lower within 4 hours.
7. Critical Control Point: Hold at 40 °F or below.
8. Portion 3/4 cup.

Notes

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

Cooking Process #1: No Cook

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

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.

Serving

NSLP/SBP Crediting Information: 3/4 cup provides:

Legume as Meat/Meat Alternate: 1.5 oz equivalent meat/meat alternate and 1/2 cup vegetable.

How to Cook Dry Beans

Special tip for preparing dry beans:

SOAKING BEANS

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.

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.

COOKING BEANS

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.

Critical Control Point: Hold for hot service at 140 °F or higher.

OR

Chill for later use.

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

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

My Notes

Source: USDA Standardized Recipe Project



United States Department of Agriculture
 What's Cooking? USDA Mixing Bowl

USDA is an equal opportunity provider, employer, and lender.



Sweet and Sassy Chicken - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Sweet and Sassy Chicken – Lean boneless skinless chicken breast in combination with a honey and mustard sauce glaze.

QTY Ingredients:

Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Frozen, cooked chicken breasts, thawed (3 oz portions)		25 pieces		50 pieces
Honey	2 oz	1/4 cup	4 oz	1/2 cup
Dijon mustard	1 oz	2 Tbsp	2 oz	1/4 cup
Orange juice		2 Tbsp		1/4 cup
Dried parsley		2 tsp		1 Tbsp

Directions

1. Place chicken portions on a sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray. For 25 servings, use 2 pans. For 50 servings, use 4 pans.
2. Combine honey, mustard, and orange juice in a small bowl. Mix well. Brush mixture on chicken.
3. Bake until light brown: Conventional Oven: 375 °F for 25 minutes. Convection Oven: 350 °F for 20 minutes.
4. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
5. Remove from oven.
6. Garnish with parsley.
7. Critical Control Point: Hold for hot service at 140 °F or higher.
8. Serve 1 chicken breast (3 oz).

Notes

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

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 1 chicken breast provides: 3 oz equivalent meat/meat alternate.

My Notes

Source: USDA Standardized Recipe Project



USDA is an equal opportunity provider, employer, and lender.

Oven Fried Chicken - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Oven Fried Chicken – Chicken coated in panko crumbs and spices then baked.



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Whole-wheat flour	8 oz	1 3/4 cups 2 1/3 tsp	1 lb	3 1/2 cups 1 Tbsp 1 2/3 tsp
Whole-grain corn flakes	1 lb	2 cups	2 lb	1 qt
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp
Salt		2 1/2 tsp		1 Tbsp 2 tsp
Mustard, dry		2 Tbsp		1/4 cup
Paprika		2 tsp		1 Tbsp 1 tsp
Garlic powder		1 Tbsp		2 Tbsp
Ground thyme		2 tsp		1 Tbsp 1 tsp
Dried basil		2 tsp		1 Tbsp 1 tsp
Ground oregano		2 tsp		1 Tbsp 1 tsp
Ground ginger		1 Tbsp		2 Tbsp
Egg whites	8 oz	1 cup	1 lb	2 cups
Nonfat milk		2 cups		1 qt
Chicken, whole, fresh or frozen, cut up, 8 pieces	12 lb 4 oz		24 lb 8 oz	

Directions

1. Combine flour, crushed corn flakes, and spices in a large bowl. Stir well. Set aside for step 4.
2. Combine egg whites and milk in a medium bowl.
3. Add chicken (no more than 3 pieces at a time). Coat pieces evenly with egg mixture.
4. Remove chicken pieces from medium bowl. Place in large bowl containing flour mixture. Coat evenly.
5. Place chicken pieces on a sheet pan (18" x 26" x 1") lightly coated with pan release spray and lined with parchment paper. For 25 servings, use 1 1/2 pans. For 50 servings, use 3 pans.
6. Bake uncovered: Conventional oven: 400 °F for 55-60 minutes. Convection oven: 350 °F for 40-45 minutes.

7. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
8. Transfer to a steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
9. Critical Control Point: Hold for hot service at 140 °F or higher.
10. Serve 1 portion (1 breast, or 1 drumstick and wing, or 1 thigh with back).

Notes

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

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: One portion provides 2.25 oz equivalent meat/meat alternate and 1 oz equivalent grains.

CACFP Crediting Information: One portion provides 2.25 oz meat/meat alternate and 1 serving grains/bread.

Cooked each piece provides oz equivalent meat: 1 wing = 1.2 oz equivalent, 1/2 breast = 5.45 oz equivalent, 1 thigh = 3.2 oz equivalent, 1 drumstick = 2.0 oz equivalent. Serve 2 oz equivalent portions.

My Notes

Source: USDA Standardized Recipe Project

Nutrition Information

Nutrients	Amount	Meal Components
Calories	186	Grains 1 ounce
Total Fat	6 g	Meat / Meat 2 1/4 ounces Alternate
Saturated Fat	2 g	
Cholesterol	28 mg	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.
Sodium	367 mg	
Total Carbohydrate	22 g	
Dietary Fiber	3 g	
Total Sugars	4 g	
Added Sugars included	N/A	
Protein	12 g	
Vitamin D	73 IU	
Calcium	640 mg	
Iron	12 mg	
Potassium	210 mg	
N/A - data is not available		



USDA is an equal opportunity provider, employer, and lender.

Macaroni and Cheese - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Macaroni and Cheese - Cauliflower puree, macaroni, milk, cheese, sour cream, pepper, garlic powder, onion flakes, salt, and lemon pepper are combined and baked.



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Water		3 cups		1 qt 2 cups
*Fresh cauliflower florets	10 oz	2 3/4 cups 1 Tbsp	1 lb 4 oz	1 qt 1 1/2 cups 2 Tbsp
Water		2 qt 3 cups		1 gal 1 qt 2 cups
Whole-grain elbow macaroni	1 lb 9 oz	1 qt 1 3/4 cups	3 lb 2 oz	2 qt 3 1/2 cups
Low-fat (1%) milk		1 qt		2 qt
Low-fat cheddar cheese, shredded	1 lb 14 oz	1 qt 3 1/2 cups	3 lb 12 oz	3 qt 3 cups
Low-Fat Sour Cream	8 oz	3/4 cup 1 1/2 tsp	1 lb	1 1/2 cups 1 Tbsp
Nonfat sour cream	8 oz	3/4 cup 1 1/2 tsp	1 lb	1 1/2 cups 1 Tbsp
Ground black or white pepper		1/8 tsp		1/4 tsp
Garlic powder		2 tsp		1 Tbsp 1 tsp
Dried onion flakes		2 Tbsp		1/4 cup
Salt		1/2 tsp		1 tsp
Lemon pepper		1 Tbsp		2 Tbsp

Directions

1. Heat water to a rolling boil.
2. Add cauliflower. Cook uncovered for 2-3 minutes until tender. Place cauliflower in a food processor. Puree on high speed for 30 seconds to 1 minute until cauliflower has a smooth consistency. DO NOT OVERMIX. Set aside for step 5.
3. Heat water to a rolling boil.
4. Slowly add macaroni. Stir constantly until water boils again. Cook about 8-10 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 5.
5. Combine cauliflower puree, macaroni, milk, cheese, sour cream, pepper, garlic powder, onion flakes, salt, and lemon pepper in a large bowl. Stir well.

6. Pour 1 gal 2 cups (about 9 lb 2 oz) macaroni and cheese mixture into a steam table pan (12" x 20" x 2 ½") lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
7. Bake: Conventional oven: 350 °F for 30-35 minutes. Convection oven: 325 °F for 25-30 minutes.
8. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
9. Critical Control Point: Hold for hot service at 140°F or higher.
10. Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3 ¾" square).

Notes

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

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: One piece provides 1 oz equivalent meat/meat alternate and 1 oz equivalent grains.

CACFP Crediting Information: One piece provides 1 oz meat/meat alternate and 1 serving grains/bread.

My Notes

Source: USDA Standardized Recipe Project

Nutrition Information

Nutrients	Amount	Marketing Guide		
		Foods as Purchased for	25 Servings	50 Servings
Calories	208	Cauliflower	1 lb 1 oz	2 lb 2 oz
Total Fat	4 g	Meal Components		
Saturated Fat	2 g	Grains	1 ounce	
Cholesterol	13 mg	Meat / Meat Alternate	1 ounce	
Sodium	412 mg	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.		
Total Carbohydrate	27 g			
Dietary Fiber	2 g			
Total Sugars	4 g			
Added Sugars included	N/A			
Protein	15 g			
Vitamin D	20 IU			
Calcium	224 mg			
Iron	1 mg			
Potassium	178 mg			
N/A - data is not available				



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

USDA is an equal opportunity provider, employer, and lender.



Spaghetti and Meat Sauce - USDA Recipe for CACFP

Makes: 17 or 33 Servings

Spaghetti and Meat Sauce – Lean ground beef, tomato puree, carrots, whole wheat spaghetti.

QTY Ingredients:

Ingredients	17 Servings		33 Servings	
	Weight	Measure	Weight	Measure
Raw ground beef (no more than 15% fat)	4 lb 4 oz	2 qt	8 lb 8 oz	1 gal
*Fresh onions, chopped	2 1/2 oz	1/2 cup	5 oz	1 cup
*Fresh green bell peppers, diced	2 1/2 oz	1/2 cup	5 oz	1 cup
Garlic powder		2 1/4 tsp		1 Tbsp 1 1/2 tsp
Ground black pepper		3/4 tsp		1 1/2 tsp

Ingredients	17 Servings		33 Servings	
	Weight	Measure	Weight	Measure
Canned no-salt-added tomato puree	2 lb 8 oz	1 qt 2 cups (about 1/2 No. 10 can)	5 lb	3 qt (about 1 No. 10 can)
Salt		2 tsp		1 Tbsp 1 tsp
Canned low-sodium beef broth		2 cups		1 qt
Water		1 qt		2 qt
Dried parsley		2 Tbsp		1/4 cup
Dried basil		1 Tbsp		2 Tbsp
Dried oregano		1 Tbsp		2 Tbsp
Dried marjoram		1 1/2 tsp		1 Tbsp
Dried thyme		3/4 tsp		1 1/2 tsp
*Fresh carrots, shredded	10 oz	3 cups	1 lb 4 oz	1 qt 2 cups
Water		3 gal		6 gal
Whole-wheat spaghetti noodles, dry, broken into thirds	1 lb 9 oz	1 qt 1 cup	3 lb 2 oz	2 qt 2 cups

Directions

1. Brown ground beef uncovered over medium high heat in a large stock pot. Stir often.
2. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
3. Drain meat. Return to stock pot.
4. Add onions and bell peppers. Stir well. Simmer uncovered over low heat for 5 minutes.
5. Add garlic powder, black pepper, tomato puree, salt, beef broth, water, parsley, basil, oregano, marjoram, thyme, and carrots. Stir well. Cover and simmer for 1 hour. Stir occasionally.

6. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
7. Set aside beef mixture for step 10.
8. Heat water to a rolling boil.
9. Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well.
10. Combine pasta and beef mixture in stock pot. Stir well.
11. Transfer to a steam table pan (12" x 20" x 4") lightly coated with pan release spray. For 17 servings, use 1 pan. For 33 servings, use 2 pans.
12. Critical Control Point: Hold for hot service at 140 °F or higher.
13. Portion 1.5 cup.

Notes

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

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 1.5 cup provides 3 oz equivalent meat/meat alternate, 3/4 cup red/orange vegetable, and 1.5 oz equivalent grains.

My Notes

Source: USDA Standardized Recipes Project



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

USDA is an equal opportunity provider, employer, and lender.

Arroz con Queso (Rice with Cheese) - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Brown rice, pinto beans and low-fat cheddar cheese blend together to create the creamy comfort food known as Arroz con Queso (Rice with Cheese).



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Water		1 qt 2 cups		3 qt
Brown rice, long-grain, regular, dry, parboiled	1 lb	2 1/2 cups 1 Tbsp	2 lb	1 qt 1 cup 2 Tbsp
*Fresh green onions, diced		3 Tbsp 1/3 tsp	2 oz	1/4 cup 2 Tbsp 2/3 tsp
*Fresh yellow onions, chopped	12 oz	2 1/3 cups 2 tsp	1 lb 8 oz	1 qt 2/3 cup 1 Tbsp 1 tsp
*Fresh jalapeno peppers, chopped	2 oz	1/2 cup	4 oz	1 cup
*Fresh red bell peppers, diced	1 lb 4 oz	3 3/4 cups	2 lb 8 oz	1 qt 3 1/2 cups
Frozen corn, thawed, drained	12 oz	2 cups 1 Tbsp 1 tsp	1 lb 8 oz	1 qt 2 Tbsp 2 tsp
Canned green chilies, mild, chopped	6 oz	1 cup 1 Tbsp 1/3 tsp (approx. 1/8 No. 10 can)	12 oz	2 cups 2 Tbsp 2/3 tsp (approx. 1/4 No. 10 can)
Canned low-sodium pinto beans, drained, rinsed	2 lb 2 oz	1 qt 3/4 cup (approx. 1/2 No. 10 can)	4 lb 4 oz	2 qt 1 1/2 cups (approx. 1 No. 10 can)
*Dry pinto beans, cooked (See Notes Section)	2 lb 2 oz	1 qt 3/4 cup	4 lb 4 oz	2 qt 1 1/2 cups
Nonfat sour cream	1 lb 6 oz	2 cups 2 Tbsp 1 tsp	2 lb 12 oz	1 qt 1/4 cup 2 tsp
Low-fat (1%) milk		2 1/2 cups		1 qt 1 cup
Low-fat cheddar cheese, shredded	1 lb	1 qt	2 lb	2 qt
Fresh cilantro, chopped		2/3 cup		1 1/3 cups
Whole-wheat flour		1/4 cup	2 1/4 oz	1/2 cup
Fresh garlic, minced		1 Tbsp		2 Tbsp
Ancho chili powder		2 Tbsp		1/4 cup
Mexican seasoning mix (See Notes Section)		2 Tbsp		1/4 cup
Garlic powder		2 tsp		1 Tbsp 1 tsp
Salt		1 tsp		2 tsp
Sugar		1 Tbsp		2 Tbsp

Directions

1. Boil water.

2. Place 2 1/2 cups 1 Tbsp brown rice (1 lb) in each steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
3. Pour boiling water (1 qt 2 cups per steam table pan) over brown rice. Stir. Cover pans tightly.
4. Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes. Steamer: 5 lb pressure for 25 minutes.
5. Remove cooked rice from oven and let stand covered for 5 minutes. Stir rice.
6. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
7. Critical Control Point: Hold for hot service at 140 °F or higher.
8. Set aside for step 11.
9. Combine onions, jalapenos, peppers, corn, chilies, pinto beans, sour cream, milk, 2 cups (about 8 oz) cheese, cilantro, flour, minced garlic, ancho chili powder, garlic powder, salt, and sugar in a large bowl. Stir well.
10. Recommended to cook in batches of 25.
11. Pour 1 gal (about 9 lb) vegetable mixture over each pan of rice. Stir well.
12. Sprinkle remaining 2 cups (about 8 oz) cheese over each pan.
13. Bake: Conventional oven: 350 °F for 25-30 minutes. Convection oven: 325 °F for 25-30 minutes.
14. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
15. Critical Control Point: Hold for hot service at 140 °F or higher.
16. Portion with No. 6 scoop (3/4 cup).

Notes

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

Cooking Process #2: Same Day Service

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

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.

Serving

NSLP/SBP Crediting Information: 3/4 cup (No. 6 scoop) provides:

Legume as Meat/Meat Alternate: 1.25 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 other vegetable, and .5 oz equivalent grains.

OR

Legume as Vegetable: .5 oz equivalent meat/meat alternate, 1/8 cup legume vegetable, 1/8 cup red/orange vegetable, 1/8 cup other vegetable, 1/8 cup additional vegetable, and .5 oz equivalent grains.

CACFP Crediting Information: 3/4 cup (No. 6 scoop) provides:

Legume as Meat/Meat Alternate: 1.25 oz meat/meat alternate, 1/4 cup vegetable, and .5 serving grains/bread.

OR

Legume as Vegetable: .5 oz meat/meat alternate, 1/2 cup vegetable, and .5 servings grains/bread.

How to Cook Dry Beans

Special tip for preparing dry beans:

SOAKING BEANS

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.

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.

COOKING BEANS

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.

Critical Control Point: Hold for hot service at 140 °F or higher.

OR

Chill for later use.

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

1 lb dry pinto beans = about 2 3/8 cups dry or 5 ¼ cups cooked beans.

My Notes

Source: USDA Standardized Recipe Project

Nutrition Information

Nutrients	Amount	Marketing Guide		
		Foods as Purchased for	25 Servings	50 Servings
Calories	208	Mature yellow onions	14 oz	1 lb 12 oz
Total Fat	5 g	Mature green onions	2 oz	4 oz
Saturated Fat	2 g	Jalapeno peppers	3 oz	6 oz
Cholesterol	13 mg	Red bell peppers	1 lb 7 oz	2 lb 14 oz
Sodium	407 mg	Meal Components		
Total Carbohydrate	34 g	Vegetables		
Dietary Fiber	4 g	Red & Orange	1/8 cup	
Total Sugars	6 g	Beans & Peas	1/8 cup	
Added Sugars included	N/A	Other	1/8 cup	
Protein	12 g	Grains	1/2 ounce	
Vitamin D	14 IU	Meat / Meat Alternate	1 1/4 ounces	
Calcium	276 mg	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.		
Iron	2 mg			
Potassium	331 mg			
N/A - data is not available				