

VEGETABLE STUFFED PEPPERS

Yield 100

Portion 2 Halves

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
368 cal	50 g	13 g	15 g	21 mg	1163 mg	218 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
TOMATO SAUCE		3 gal 2 qts	
PEPPERS, GREEN, FRESH	32 lbs	6 gal 3/8 qts	39 lbs
WATER, BOILING	83-5/8 lbs	10 gal	
CORN, CANNED, WHOLE KERNEL, DRAINED	8-3/4 lbs	1 gal 2 qts	
BEANS, KIDNEY, DARK RED, CANNED, DRAINED	8-1/4 lbs	1 gal 1-1/4 qts	
STEAMED RICE		1 gal 2 qts	
TOMATOES, FRESH, SLICED	2 lbs	1 qts 1 cup	2 lbs
ONIONS, FRESH, CHOPPED	2-7/8 lbs	2 qts 1/8 cup	3-1/4 lbs
GARLIC POWDER	1/3 oz	1 tbsp	
PARSLEY, FRESH, BUNCH, CHOPPED	4-1/4 oz	2 cup	4-1/2 oz
SALT	1-1/4 oz	2 tbsp	
PEPPER, BLACK, GROUND	5/8 oz	2-2/3 tbsp	
PEPPER, RED, GROUND	1/8 oz	1/3 tsp	
CUMIN, GROUND	7/8 oz	1/4 cup 1/3 tbsp	
CHILI POWDER, DARK, GROUND	3-1/8 oz	3/4 cup	
CHEESE, CHEDDAR, SHREDDED	4-1/2 lbs	1 gal 1/2 qts	
OIL, SALAD	7-2/3 oz	1 cup	
WATER	3-2/3 lbs	1 qts 3 cup	

Method

- 1 Prepare 2 recipes Tomato Sauce, Recipe No. O 015 00 or use prepared tomato sauce. CCP: Hold at 140 F. or higher.
- 2 Cut each pepper in half lengthwise; remove core.
- 3 Place peppers in boiling water. Return to a boil; cook 1 minute. Drain well.
- 4 Drain corn and beans. Rinse beans. Drain well.
- 5 Combine corn, beans, cooked rice, tomatoes, onions, garlic, parsley, salt, peppers, cumin, chili powder, oil, and cheese. Mix lightly.
- 6 Fill each pepper with 1/2 cup vegetable-rice mixture. Place peppers in pans.
- 7 Pour 1/2 cup water around peppers in each steam table pan.
- 8 Pour 3-1/3 cups tomato sauce over peppers each pan. Cover.
- 9 Using a convection oven bake at 325 F. for 40 minutes or until thoroughly heated on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

Notes

- 1 In Step 4, 12 pounds canned pinto or black beans may be used per 100 portions. Drain beans.
- 2 In Step 4, 9-1/8 pounds frozen corn may be used, per 100 servings.
- 3 In Step 6, 9 pounds cooked brown rice may be used, per 100 servings. Cook according to Recipe No. E 005 05.