

HACIENDA CORN AND BLACK BEANS

Yield 100

Portion 3/4 Cup

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|-----|-------------|--------|---------|
| 160 cal | 34 g | 7 g | 1 g | 0 mg | 484 mg | 46 mg |

Ingredient

TOMATOES,CANNED,DICED,DRAINED
 PEPPERS,GREEN,FRESH,CHOPPED
 ONIONS,FRESH,CHOPPED
 SUGAR,GRANULATED
 CHILI POWDER,DARK,GROUND
 SALT
 GARLIC POWDER
 CUMIN,GROUND
 PEPPER,BLACK,GROUND
 WATER
 FLOUR,WHEAT,GENERAL PURPOSE
 CORN,FROZEN,WHOLE KERNEL
 BEANS,BLACK,CANNED,DRAINED

Weight

16 lbs
 2 lbs
 2-1/8 lbs
 4-2/3 oz
 4-1/4 oz
 3-3/8 oz
 1-1/4 oz
 3/8 oz
 1/4 oz
 1 lbs
 8-1/4 oz
 16 lbs
 8 lbs

Measure

1 gal 3-1/4 qts
 1 qts 2 cup
 1 qts 2 cup
 1/2 cup 2-2/3 tbsp
 1 cup
 1/4 cup 1-2/3 tbsp
 1/4 cup 1/3 tbsp
 2 tbsp
 1 tbsp
 2 cup
 1-7/8 cup
 2 gal 3-1/8 qts
 3 qts 2-1/8 cup

Issue

2-3/8 lbs
 2-1/3 lbs

Method

- 1 Combine tomatoes, green peppers, onions, sugar, chili powder, salt, garlic powder, cumin, and black pepper in a steam-jacketed kettle. Bring to a boil; reduce heat; cover; simmer 5 minutes.
- 2 Blend water and flour to make a smooth paste. Add to sauce. Stir to combine. Simmer 5 minutes or until thickened, stirring constantly.
- 3 Add corn and black beans to sauce. Stir to evenly distribute ingredients. Cover; bring to a boil, stirring occasionally until mixture comes to complete boil. Uncover; reduce heat, simmer 15 minutes, stirring occasionally until corn and black beans are thoroughly heated. CCP: Heat to 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.