

SOUTHWESTERN SWEET POTATOES, BLACK BEANS, AND CORN

Yield 100

Portion 1-1/4 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
356 cal	74 g	15 g	2 g	0 mg	197 mg	102 mg

Ingredient

COOKING SPRAY, NONSTICK
 ONIONS, FRESH, CHOPPED
 SWEET POTATOES, FROZEN, THAWED, CUBED
 WATER
 PEPPERS, JALAPENOS, CANNED, DRAINED, CHOPPED
 CUMIN, GROUND
 GARLIC POWDER
 SALT
 PEPPER, BLACK, GROUND
 BEANS, BLACK, CANNED, DRAINED
 CORN, FROZEN, WHOLE KERNEL
 CILANTRO, DRY
 LIMES, FRESH

Weight

2 oz
 8-1/2 lbs
 25 lbs
 6-1/4 lbs
 8-3/8 oz
 4-1/4 oz
 3-1/2 oz
 1-1/4 oz
 2/3 oz
 26 lbs
 13-3/4 lbs
 1 oz
 2-1/3 lbs

Measure

1/4 cup 1/3 tbsp
 1 gal 2 qts
 4 gal 1/8 qts
 3 qts
 1-3/4 cup
 1-1/4 cup
 3/4 cup
 2 tbsp
 3 tbsp
 2 gal 3-1/2 qts
 2 gal 1-1/2 qts
 3/4 cup 2 tbsp
 15-1/2 each

Issue

9-1/2 lbs

Method

- 1 Lightly spray steam jacketed kettle or tilting fry pan with non-stick spray.
- 2 Add onions; stir; cover; cook 5 minutes or until tender, stirring occasionally.
- 3 Add potatoes, water, jalapenos, cumin, garlic powder, salt and pepper. Stir; cover; cook 7 to 10 minutes or until potatoes are almost tender.
- 4 Add beans and corn; stir; cook 15 minutes or until thoroughly heated, stirring occasionally. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 5 Add cilantro; stir. Transfer to serving pans.
- 6 Serve each portion with lime wedge. CCP: Hold for service at 140 F. or higher.

Notes

- 1 In Step 4, 10 pounds dry black beans and 4 gallons water may be used per 100 portions. Follow Steps 1 through 5 of Recipe No. Q 003 00 , Boston Baked Beans.
- 2 In Step 3, 25 pounds fresh sweet potatoes may be used per 100 portions. Cook 10 to 15 minutes or until tender.