

SALADS, SALAD DRESSINGS, AND RELISHES No.M 074 00
MARINATED BLACK BEAN SALAD

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
179 cal	36 g	10 g	1 g	0 mg	149 mg	53 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BEANS,BLACK,CANNED,DRAINED	18-5/8 lbs	2 gal 1/4 qts	
CORN,FROZEN,WHOLE KERNEL	11 lbs	1 gal 3-5/8 qts	
TOMATOES,CANNED,DICED,DRAINED	6-5/8 lbs	3 qts	
PEPPERS,GREEN,FRESH,CHOPPED	2-1/4 lbs	1 qts 2-7/8 cup	2-3/4 lbs
PEPPERS,RED FRESH,DICED	2-1/4 lbs	1 qts 2-7/8 cup	2-3/4 lbs
ONIONS,RED,FRESH,CHOPPED	1-1/4 lbs	3-1/2 cup	1-3/8 lbs
JUICE,LEMON	12-7/8 oz	1-1/2 cup	
PEPPERS,JALAPENOS,CANNED,CHOPPED	7-1/4 oz	1-1/2 cup	
CILANTRO,FRESH,DICED	2 oz	1-1/4 cup	2-1/8 oz
CUMIN,GROUND	1/2 oz	2-2/3 tbsp	
SUGAR,GRANULATED	3/4 oz	1 tbsp	
SALT	5/8 oz	1 tbsp	
GARLIC POWDER	5/8 oz	2 tbsp	
LETTUCE,LEAF,FRESH,HEAD	4 lbs		6-1/4 lbs

Method

- 1 Combine beans, corn, tomatoes, green peppers, red peppers, onions, lemon juice, jalapeno peppers, cilantro, cumin, sugar, salt, and garlic powder. Mix well to thoroughly combine all ingredients.
- 2 CCP: Cover; refrigerate product at 41 F. or lower.
- 3 Place lettuce leaf in serving dish. Top with 3/4 cup salad. CCP: Refrigerate product at 41 F. or lower.

Notes

- 1 In Step 1, 7 pounds dry black beans and 3 gallons water may be used. Follow Steps 1 through 5 of Recipe No. Q 030 00, Boston Baked Beans.
- 2 In Step 1, 1/4 ounce or 6-2/3 tablespoons dry cilantro may be used.