

BLACK BEAN SALAD

Yield 100 Portions
Each Portion 3/4 CUP

Calories	Carbs	Protein	Fat	% Cal From Fat	Chol	Sodium	Fiber/Dtry	Calcium
194 kcal	27.6 gm	7 gm	7.4 gm	34.3 %	0 mg	611 mg		0 mg

Ingredients	Weight	Measure	Issue
VEG, CORN	11 lbs	2 gal 1 qt 11 tbsp	
OIL, SALAD, OLIVE	1 lb 6 oz	1 pt 14 tbsp 5/8 tsp	
VINEGAR, WHITE	8 1/2 oz	1 c 5/8 tsp	
JUICE, LEMON	12 3/4 oz	1 c 7 tbsp 2 1/8 tsp	
SPICE, CILANTRO	10 5/8 oz	3 qt 9 tbsp 1 1/8 tsp	
SPICE, CUMIN	0 lbs 3/4 oz	3 tbsp 1 1/8 tsp	
SUGAR, REFINED, WHITE, GRANULATED	0 lbs 3/4 oz	1 tbsp 2 1/8 tsp	
SPICE, SALT, TABLE, IODIZED	0 lbs 3/4 oz	1 tbsp 1/2 tsp	
SPICE, GARLIC	0 lbs 3/4 oz	2 tbsp 5/8 tsp	
SPICE, PEPPER, BLACK	0 lbs 1/4 oz	1 tbsp 1/8 tsp	
BLACK BEANS	22 lbs 10 oz	3 gal 2 qt 1 pt 1 c 10 tbsp 2 tsp	
TOMATOES, DICED, CANNED	6 lbs	2 qt 1 pt 1 c 5 tbsp 1 1/4 tsp	
PEPPERS, GREEN	2 lbs 12 oz	2 qt 5 tbsp 2 7/8 tsp	
PEPPERS, RED	2 lbs 12 oz	2 qt 5 tbsp 2 7/8 tsp	
ONIONS, RED	1 lb 6 oz		
PEPPERS, JALAPENO, SLICED	7 1/4 oz	1 c 15 tbsp 1 7/8 tsp	

METHODS

- 1 Trim, wash and prepare salad vegetables as directed on recipe No. A31
- 2 Combine olive oil, vinegar, lemon juice, cilantro, cumin, sugar, salt, black pepper and garlic powder. Mix well to thoroughly combine all ingredients.
- 3 Prepare fresh Vegetables; Chop red onions, core and seed red and green peppers cut into 1/4 inch pieces. Set aside for use in step 4.
- 4 Add drained black beans, corn, tomatoes, green peppers, red peppers, onions and jalapeno peppers. Mix well to thoroughly combine all ingredients. CCP: Cover; refrigerate product at 41 F. or lower.