

Extended Recipe Report

Recipe Number: L 040 00 Portions Requested: 100 PortionSize: 1/2 + SAU

POS Display Name: Stuffed Peppers

Recipe Name: STUFFED GREEN PEPPERS (Plant Based)

Recipe Cost Per Portion: 1.70 CostW/ Condiments: 2.04

Nutritional Information

G4G:	Calories:	Carbohydrates (G):	Sugars (G):
Protein (G):	Fat(G):	Sat Fat (G):	Cholesterol (MG):
Sodium (MG):	Sodium Level:	Calcium (MG):	Fiber (G):

fil#	Ingredients	Quantity &		Weight	
		Unit Of Measure		LBS	OZS
1	YIELD QUANTITY	1 3/4	GALS		
1	ONION GRN 1/10LB CS	3 1/2	CUPS	1	11
1	FLOUR, WHEAT, GEN PURPOSE, BLEACHED, 4/10 G/MDL	1 3/4	CUPS		7
1	WATER, HOT	1 1/4	GALS		
1	TOMATO PASTE 6/10 CAN, DRY	1 3/4	QTS	3	14
1	SUGAR REFINED DOMNO 4/10 LB BAGS	1/2	CUP		4
1	GARLIC, GRANULATED, CALIFORNIA, 1/12 OZ CO (IND UNIT SALE ONLY)	1/3	TSP		
1	PEPPER, RED, CRUSHED, 1/3.25 OZ CO	2/3	TSP		
1	SALT, FOOD SERVICE, IODIZED, 12/4 LB BX, DRY	1 2/3	TBS		1
1	SPICE, PEPPER, BLACK, GRD, RESTAURANT GRIND, 6/18 OZ CO, DRY	1	TSP		
2	PEPPER, GREEN SWEET, 1/25LB CS	50	EA	21	
3	WATER TO COVER	10	GALS		
4	YIELD QUANTITY	1 1/2	GALS		
4	RICE, PAR/BL, LONG GRAIN, ENRICHED, 6/10 LB BG	1 1/2	QTS	1	8
4	RICE, PAR/BL, LONG GRAIN, ENRICHED, 6/10 LB BG	2 1/2	GALS	1	8
4	WATER, COLD	1	GAL		
4	SALAD OIL, CANOLA, 3/1 GL CO	1	TB		1
4	SALT, FOOD SERVICE, IODIZED, 12/4 LB BX, DRY	1	TB		
5	WATER	1	QT		
	Black Beans	2	Cans		
	Corn	1	Can		
5	ONION GRN 1/10LB CS	2	QTS		
5	SALT, FOOD SERVICE, IODIZED, 12/4 LB BX, DRY	1/2	CUP		
5	SAUCE, WORCESTERSHIRE 24/5oz per cs L&P	1 1/2	CUPS		
5	SPICE, PEPPER, BLACK, GRD, RESTAURANT GRIND, 6/18 OZ CO ,DRY	2	TSPS		
7	WATER, HOT	1	QT		
	Nutritional Yeast	5	oz		

Recipe Instructions

PAN: 18 BY 24-INCH ROASTING PAN

TEMPERATURE: 350 F. OVEN

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PREPARATION INSTRUCTIONS:

SELECT LARGE PEPPERS FOR STUFFING. IF PEPPERS ARE SMALL USE 2 PER SERVING WASH, CORE, AND CUT PEPPERS IN HALF LENGTHWISE. TOMATO SAUCE FOR STEP 1 AND RICE FOR STEP 4 MAY BE PREPARED IN ADVANCE OF REMAINDER OF RECIPE. UNCOOKED RICE MAY BE USED INSTEAD OF COOKING. IN STEP 6 REDUCE FILLING TO 2/3 CUP IN EACH PEPPER. CHOP ONIONS BEFORE MEASURING. DEHY ONIONS MAY BE USED, REFERENCE A01100. SAUCE MIX, TOMATO MAY BE USED FOR TOMATO SAUCE IN STEP 1. PREPARE ACCORDING TO DIRECTIONS ON CONTAINER TO EQUAL THE YIELD QUANTITY IN STEP 1. PRECOOKED RICE MAY BE USED IN STEP 4. USE QUANTITY EQUAL TO YIELD QUANTITY IN THAT STEP.

1. PREPARE TOMATO SAUCE (RECIPE NO. 0-15):

PREPARATION INSTRUCTIONS:

FINELY CHOP ONIONS. DEHY ONIONS MAY BE USED, REFERENCE A01100.

MELT SHORTING TO MEASURE. SALAD OR OLIVE OIL MAY BE SUBSTITUTED.

SIFT FLOUR BEFORE MEASURING CANNED TOMATO JUICE CONCENTRATE MAY BE SUBSTITUTED FOR TOMATO PASTE

A. SAUTE ONIONS IN SHORTENING IN STEAM-JACKETED KETTLE OR STOCK POT 5 MINUT OR UNTIL TENDER.

B. ADD FLOUR TO SAUTEED MIXTURE; STIR UNTIL WELL BLENDED. COOK 5 MINUTES.

C. COMBINE WATER, TOMATO PASTE, SUGAR, SALT, PEPPER, RED PEPPER, AND GARLIC POWDER. ADD TO FLOUR-ONION MIXTURE.

D. BRING TO A BOIL; REDUCE HEAT; SIMMER 15 MINUTES.

SET ASIDE FOR USE IN STEPS 5 AND 8.

2. WASH PEPPERS. CUT EACH PEPPER IN HALF LENGTHWISE; REMOVE CORE.

3. PLACE PEPPERS IN BOILING WATER. RETURN TO A BOIL; COOK 1 MINUTE. DRAIN WELL. SET ASIDE FOR USE IN STEP 6.

4. PREPARE RICE ACCORDING TO RECIPE NO. E0000.

COMBINE RICE, WATER, SALT, AND SALAD OIL. BRING TO A BOIL, STIRRING OCCASSIONALLY. COVER TIGHTLY AND SIMMER 20 TO 25 MINUTES. DO NOT STIR. REMOVE FROM HEAT AND COOL SLIGHTLY.

5. COMBINE COOKED RICE, BLACK BEANS, CORN, ONIONS, SALT, PEPPER AND WATER WITH TOMATO SAUCE. DO NOT OVER MIX.

6. FILL EACH PEPPER WITH 3/4 CUP BEEF MIXTURE. PLACE FILLED PEPPERS IN ROASTING PANS.

7. POUR REMAINING SAUCE OVER PEPPERS IN EACH PAN. COVER PANS.

8. BAKE ABOUT .5 HOURS OR UNTIL TENDER.

9. Garnish with nutritional yeast and parsley.

END OF RECIPE L 040 00 •••