

# Fiesta Rice & Beans Shaker



THE HUMANE SOCIETY  
OF THE UNITED STATES

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS

## Process # 2 – Same Day Service

### YIELD:

### 50 Servings

### 100 Servings

Ingredients	Weight	Measure	Weight	Measure
Rice, Brown, dry	3 lbs. 2 oz.		6 lbs. 4 oz.	
Water		2 ½ quarts		1 gallon + 1 quart
Corn, frozen or canned, tempered		¾ gallon + ½ cup		1 ½ gallons + 1 cup
Salsa, canned		¾ gallon + ½ cup		1 ½ gallons + 1 cup
Black beans, canned, drained		1 ½ gallons + 1 cup		3 gallons + 1 pint
Taco seasoning		1 cup		2 cups
Corn tortilla chips, minimum 1 ounce equivalent grain, individual bags <b>OR</b> Corn tortilla chips, bulk	3 lbs. 2 oz.	50 each	6 lbs. 4 oz.	100 each
Romaine, fresh, chopped	2 lbs. 6 oz.		4 lbs. 12 oz.	
<b>Optional Garnishes:</b> Black olives, drained Jalapenos, sliced, fresh or canned Onion, diced		½ - #10 can ½ - #10 can 2 lbs.		1 - #10 can 1 - #10 can 4 lbs.
<b>Salad Dressing:</b> Salsa, canned Ranch, dairy-free		1- #10 can 1 1/8 cups		2- #10 cans 2 ¼ cups

*HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.*

## Preparation

1. Prepare rice by combining with water and cook. Fluff. Place in warmer until service.

\*Recommended cooking method: Steam covered for approximately 15 minutes.

Alternative cooking methods:

a. Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes.

b. Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.

2. Cool rice completely. *HACCP Critical Control Point: Hold at 41°F or lower within 4 hours.*

3. Combine corn, black beans, salsa and taco seasoning in a large bowl.

4. Prepare salad dressing by combining the salsa and dairy-free ranch. Portion into 2 ounce soufflé cups, if desired.

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5. Layer ingredients into 16-oz cup as follows:

- ½ cup rice
- 1 cup bean and corn mixture
- ¼ cup chopped romaine lettuce
- 1/8 cup of any optional garnishes- onion, jalapenos, olives.
- 1 ounce crushed tortilla chips

6. Cover the cup with lid.

## Serving Information

Serve salad shaker with creamy salsa dressing or salad dressing of customer's choice. For best results, have customer remove lid from the cup and pour dressing in. Place lid back on cup and shake the salad until ingredients are mixed.

Each serving provides 2 meat/meat alternates, 2 oz equivalent grains, ¼ cup starchy vegetable and ¼ cup red/orange vegetable and 1/8 cup dark green vegetable.

## Nutrition Information USDA Nutrient Database

*Fiesta Rice & Beans Shaker:*

Calories: 371 Total Fat: 4g Saturated Fat: 1g Carbohydrate: 74g (12g Fiber) Protein: 13g Sodium: 554mg

*Salsa Ranch Dressing:*

Calories: 98 Total Fat: 9g Saturated Fat: 1g Carbohydrate: 5g (1g Fiber) Protein: 12g Sodium: 410mg