



Recipe Production

Recipe Number: LW006

Recipe Name: LISA'S BEAN SALAD

Hot: No

Recipe Source: Live Well

HACCP Process Category:

Complex

Serving Description: 1/2 cup or 4.3 oz.

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
64	1/2 CUP				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
9579	PEPPER RED 25 LB	1	Pound	4	Ounce	(Unassigned)
2607	TOMATO ROASTED 6/#10	3	Pound			(Unassigned)
2600	CILANTRO 6 CT	2	Ounce	14 1/8	Gram	(Unassigned)
2510	JALAPENO SLICED 6/10	2	Ounce	5 2/3	Gram	(Unassigned)
2502	BEANS RED FCY 6/10	4	Pound	8	Ounce	(Unassigned)
2501	BEANS GARBANZO 6/10	3	Pound	8	Ounce	(Unassigned)
2500	BEANS BLACK 6/10	3	Pound	8	Ounce	(Unassigned)
2008	JUICE LEMON FRESH 16/32 OZ	1	Cup			(Unassigned)
1028	VINEGAR APPLE CIDER 4/1 GAL	1	Cup			(Unassigned)
1034	SAUCE HOT 4/1GAL	1	Ounce	19 3/4	Gram	(Unassigned)
1063	SPICE GARLIC POWDER BULK 25 LB	1	Tbsp			(Unassigned)
1019	SPICE PAPRIKA 18OZ	2	Tbsp			(Unassigned)
1046	SPICE CUMIN BULK 10 LB	1	Tbsp			(Unassigned)
1102	SPICE CHILI POW DK ORG 20 OZ	4	Tbsp			(Unassigned)
1011	SALT KOSHER 12/3 LB	1	Tbsp			(Unassigned)
1022	SPICE PEPPER BLK 18OZ	1	tsp			(Unassigned)

Cooking Instructions

Cooking Temperature: 0 **Cooking Times:** **Hours:** 0 **Minutes:** 0

Pre-Preparation Instructions

Recipe source: Live Well
 Roasted red peppers, canned yield: 73%
 Diced roasted tomatoes yield: 66%
 Drained canned kidney beans yield: 60%
 Drained canned garbanzo beans yield: 65%
 Drained canned black beans yield: 56%

Preparation Instructions

1. Dice all other vegetables (roasted red peppers, tomatoes, jalapenos, and cilantro).
2. Drain beans and rinse them well.
3. Combine all ingredients in a bowl and mix well.
4. Allow to "marinate" for at least 1 hour before serving.
5. Label, date, and refrigerate.

Serving Instructions



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1/2 cup portion size.

Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	3,360.4512	64.6055	52.5070		
Saturated Fat	g	1.7945	0.0345	0.0280	0.48	
Sodium	mg	25,945.3486	498.8057	405.3961		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	17.1077	0.3289	0.2673	4.58	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	624.9543	12.0149	9.7649	74.39	
Total Dietary Fiber	g	168.6688	3.2427	2.6354		
Protein	g	185.0015	3.5567	2.8906	22.02	
Vitamin A (RE)	RE	4,310.9514	82.8791	67.3586		
Vitamin A (IU)	IU	26,232.3670	504.3237	409.8807		
Vitamin C	mg	704.5476	13.5451	11.0086		
Calcium	mg	2,630.8793	50.5793	41.1075		
Iron	mg	61.6689	1.1856	0.9636		
Moisture	g	2,106.4022	40.4961	32.9125		*
Ash	g	61.8770	1.1896	0.9668		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
9579	PEPPER RED 25 LB	1.00	(Unassigned)	1	0.25	LB	/
2607	TOMATO ROASTED 6/#10	1.00	(Unassigned)	5	0.87	#10 CAN	/
2600	CILANTRO 6 CT	1.00	(Unassigned)	0	0.89	BUNCH	/
2510	JALAPENO SLICED 6/10	1.00	(Unassigned)	0	0.02	CAN (106 OZ)	/
2502	BEANS RED FCY 6/10	1.00	(Unassigned)	0	0.65	CAN (111 OZ)	/
2501	BEANS GARBANZO 6/10	1.00	(Unassigned)	0	0.50	CAN (111 OZ)	/
2500	BEANS BLACK 6/10	1.00	(Unassigned)	0	0.50	CAN (111 OZ)	/
2008	JUICE LEMON FRESH 16/32 OZ	1.00	(Unassigned)	0	0.25	CONT (32 FL OZ)	/
1028	VINEGAR APPLE CIDER 4/1 GAL	1.00	(Unassigned)	0	0.06	GAL	/
1034	SAUCE HOT 4/1GAL	1.00	(Unassigned)	0	0.01	GAL	/
1063	SPICE GARLIC POWDER BULK 25 LB	1.00	(Unassigned)			LB	/
1019	SPICE PAPRIKA 18OZ	1.00	(Unassigned)	0	0.44	OZ	/
1046	SPICE CUMIN BULK 10 LB	1.00	(Unassigned)	0	0.01	LB	/
1102	SPICE CHILI POW DK ORG 20 OZ	1.00	(Unassigned)	1	0.02	OZ	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.01	BOX (3 LB)	/
1022	SPICE PEPPER BLK 18OZ	1.00	(Unassigned)	0	0.07	OZ	/

REPORT CRITERIA:

Sections Filter(s):

Criteria Filter(s):

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