



SWEET POTATO AND BLACK BEAN STEW

SERVINGS: 50 SERVINGS CALORIES: 222.48 KCAL

This hearty main dish combines the sweetness of orange sweet potatoes and robustness of black beans, with the surprise addition of Swiss chard and a light touch of cumin. Serve over brown rice or whole-wheat couscous for a warm delight!

INGREDIENTS

6 each Chili peppers, New Mexican, dried, whole
 3 pounds 2 ounces Onions, fresh, diced
 1 cup Vegetable oil
 3 tablespoons Cumin, ground
 6 pounds Sweet potatoes, fresh, peeled, cubed ½ inch
 24 pounds 4 ounces Black beans, canned, low-sodium, drained, rinsed

*Or dry black beans, cooked

1 quart 2 cups Orange juice
 2 quarts Chicken stock, low-sodium
 ½ cup Red wine vinegar
 2 teaspoons Salt
 2 teaspoons Black pepper, ground
 2 pounds Swiss chard, fresh, no stems, chopped ½ inch *Or 1 pound
 8 ounces Swiss chard, frozen, chopped

INSTRUCTIONS

1. In a roasting pan/square head pan (20 7/8" x 17 3/8" x 7") on top of stove, sauté chili peppers and onions in oil for 2-3 minutes.
2. Add cumin and sauté for 2 minutes.
3. Add sweet potatoes, black beans, orange juice, and stock. Bring to a boil.
4. Cover and reduce heat to low. Simmer for 20 minutes or until potatoes are tender.
5. Remove chilies and discard. Add vinegar, salt, pepper, and Swiss chard. Cover.
 Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
6. Critical Control Point: Hold for hot service at 135 °F or higher.
7. Portion with 8 fl oz ladle (1 cup).

RECIPE NOTES

Special tip for preparing dry beans: SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher. OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry black beans = about 2 ¼ cups dry or 4 ½ cups cooked beans.

In place of the New Mexican Chilies use California, Anaheim, or Ancho chilies. If using powdered chili use Ancho Chili Powder and use 1 Tbsp per chili.

The wonderful combination in the Sweet Potato and Black Bean Stew recipe is as savory as it is sweet. This stew is brought to a healthy and earthy conclusion by the addition of flavorful Swiss chard, a delicately mild-flavored, dark-green leafy vegetable. Served over brown rice or whole-wheat couscous, this stew will warm the soul and feed the mind.

Crediting: 1 cup (8 fl oz ladle) provides:

Legume as Meat Alternate: 3 oz equivalent meat alternate, ¼ cup red/orange vegetable, and ¼ cup other vegetable.

Or Legume as Vegetable: ¾ cup legume vegetable, ¼ cup red/orange vegetable, and ¼ cup other vegetable.

NUTRITION FACTS PER SERVING (8OUNCES)

Calories: 222.48 kcal | Fat: 4.43 g | Saturated fat: 0.34 g | Sodium: 578.59 mg | Carbohydrates: 43.48 g | Fiber: 12.25 g | Protein: 10.35 g

This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.