









Cowboy Caviar

Ellensburg School District

Recipe Category: Vegetables

Ingredients	50 Servings		100 Servings		_____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Black Beans, canned	8 lb 2 oz	3 qt 2  cups	16 lb 4 oz	1 gal  cup			<ol style="list-style-type: none"> 1. Drain and rinse beans. Drain canned corn and tomatoes. Mix beans, corn, diced tomatoes. 2. Finely chop cilantro and scallions/green onions. Add to bean mixture from Step 1. 3. Dressing: Whisk oil, vinegar, cumin, pepper and garlic together. Pour over salad and chill to marinate until service. <p>CCP: Hold at 41°F or below for cold service</p>
Tomatoes, red, ripe, chopped		 cups		6 $\frac{1}{4}$ cups			
Corn, canned, whole kernel (liquid pack) drained	 can	3 qt  cups	2 $\frac{1}{4}$ No.10 cans	1 gal 13 $\frac{1}{4}$ cup			
Onions, spring or scallions (incl. tops and bulb) raw	9 $\frac{1}{4}$ oz	2  cups	1 lb 2 $\frac{1}{2}$ oz	4 $\frac{1}{4}$ cups			
Cilantro, raw, chopped		 cups		6 $\frac{1}{4}$ cups			
Vegetable Oil		2 cup 2 Tbsp		4 $\frac{1}{4}$ cups			
Garlic, granulated		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup			
Vinegar, cider		 cups		6 $\frac{1}{4}$ cups			
Cumin, ground		2 $\frac{1}{2}$ Tbsp		5 Tbsp			
Pepper, black		1 tsp		2 tsp			
Lime Juice		1 cup		2 cups			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
$\frac{3}{4}$ cup		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		$\frac{3}{4}$ cup ($\frac{1}{4}$ cup legumes, $\frac{1}{4}$ cup starchy, $\frac{1}{4}$ cup other)	

Nutrient Analysis		
Calories: 198	Saturated Fat: 1.53 gram	Sodium: 179.14