

Go For Green® Color and Sodium Level: Green and Low

SOUTHWEST BREAKFAST SKILLET (QUICK SCRATCH) (VEGAN)

Yield 100 Portions

Temp 375°F

Each Portion 1 cup

Time 40 min.

| Calories | Carbohydrates | Protein | Sugars* | Fat | Saturated Fat | Sodium | Cholesterol | Calcium | Fiber |
|----------|---------------|---------|---------|--------|---------------|--------|-------------|---------|--------|
| 371 | 44.5 g | 17.6 g | 6.9 g | 15.9 g | 5.3 | 518 mg | 0 mg | 157 mg | 10.4 g |

Ingredients

Weight

Measure

Approx. Issue

| | | | |
|---|-----------|---------|--|
| FULLY COOKED (VEGAN) SAUSAGE PATTY, THAW, DICED | 16 lbs. | | |
| ROASTED SWEET POTATO, PREPARED, FROZEN | 12 ½ lbs. | | |
| CORN AND BLACK BEAN FIESTA BLEND, FROZEN | 31 ¼ lbs. | 2 cups. | |
| JALAPINIOS, DICED, CANNED | | 3 cups | |
| OIL, VEGETABLE | | ¼ cup | |

Methods

1. In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this food.
2. Heat oil in a 375 F high walled tilt skillet. Add sausage to brown. Stir to break sausage into crumbles.
3. Add corn and black bean fiesta blend, jalapenos, and prepared sweet potatoes.
4. CCP: Cook till temp reaches 150F.
5. Transfer to hotel pans and hold at 140F for service.

Serving

1. Portion with 6oz spoodle on a plate on a plate and serve.

Notes

1. Alternative cooking: Instructions; Convection oven 375F. spray full size hotel pan add all ingredients mix to combine and bake for 20-25 minutes or until internal temp reaches 150F. Griddle; Combine all ingredients except sausage. Brown 1.6 oz sausage on 375F griddle add 4.5 oz remaining ingredients, mix and heat to 150F and serve.
2. If fresh jalapenos are available, can substitute 6 ½ cups diced fresh jalapenos for the canned jalapenos.
3. This recipe was prepared with Impossible Burger (vegan) Plant Based sausage and thus measurements and nutrition data are derived from use of this product. Similar products can be used interchangeably in this recipe. Fiesta Blend used was from Simplot foods, if not available substitute equal 12 cup frozen corn, 4.5 lb canned tomato diced, 4-30 ounce cans black beans drained, 8 cups fresh onion diced and 8 cups fresh or frozen diced red and green peppers.
4. If facility prepares this recipe as written, facility may choose to list item on Go For Green card as “Southwest Breakfast Skillet (vegan)”. Note that vegan items contain no meat, poultry, fish, shellfish, dairy, eggs, insects, or by-products of slaughter or insects such as gelatin or honey.

