



Marinated Black Bean Salad

Marinated Black Bean Salad, a fresh and vibrant dish of black beans, corn, green peppers, red peppers, salsa, onions, and jalapenos pairs great with chicken, fish, or tortilla chips.

CACFP Adult Portion Crediting Information

Legume as Vegetable: $\frac{3}{4}$ cup (6 oz slotted spoodle) provides $\frac{1}{2}$ cup vegetable ($\frac{1}{8}$ cup additional vegetable, $\frac{1}{8}$ cup legume vegetable, $\frac{1}{8}$ cup red/orange vegetable, $\frac{1}{8}$ cup starchy vegetable), and 0.25 oz equivalent meat alternate.

OR

Legume as Meat Alternate: $\frac{3}{4}$ cup (6 oz slotted spoodle) provides $\frac{3}{8}$ cup vegetable ($\frac{1}{8}$ cup additional vegetable, $\frac{1}{8}$ cup red/orange vegetable, $\frac{1}{8}$ cup starchy vegetable), and 1 oz equivalent meat alternate.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 25 servings
	Weight	Measure	Weight	Measure	
Lime juice		$\frac{1}{2}$ cup		1 cup	1 Dressing: Combine lime juice, parsley, cumin, garlic, ancho chili powder, cilantro, olive oil, honey, and apple cider vinegar. Stir well. Set aside for step 3.
Dried parsley		1 Tbsp		$\frac{1}{8}$ cup	
Ground cumin		1 $\frac{1}{2}$ tsp		1 Tbsp	
Fresh garlic, minced	3 oz	3 $\frac{1}{2}$ Tbsp	6 oz	$\frac{1}{2}$ cup	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Ancho chili powder OR Mexican seasoning mix (See Notes Section)		1/8 cup OR 1/8 cup		1/4 cup OR 1/4 cup	
Fresh cilantro, minced		1 cup 1/2 Tbsp	3 oz	2 cups 1 Tbsp	
Olive oil		1/2 cup		1 cup	
Honey		1 cup		2 cups	
Apple cider vinegar		1/2 cup		1 cup	
Canned low-sodium black beans, drained, rinsed OR *Dry black beans, cooked (See Notes Section)	5 lb OR 5 lb	3 qt 1/2 cup (approx. 1 1/3 No. 10 can) OR 2 qt 3/4 cup 1/8 cup	10 lb OR 10 lb	1 gal 2 qt 1 cup (approx. 2 2/3 No. 10 can) OR 1 gal 1 3/4 cup	<p>2 Vegetable: Combine black beans, corn, green peppers, red peppers, salsa, onions, and jalapeños in a large bowl. Stir well.</p> <p>3 Pour 1 lb 2 1/2 oz (2 1/4 cup) dressing over 7 lb 13 oz (1 gal 2 qt) vegetables. Stir well.</p> <p>4 Transfer 9 lb 11 oz (1 gal 2 qt) bean salad to a steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p>
Frozen whole-kernel corn, thawed	1 lb 12 oz	1 qt 2 cups	3 lb 8 oz	3 qt	
*Fresh green peppers, diced	6 oz	1 1/8 cups	12 oz	2 1/4 cups	
*Fresh red peppers, diced	8 oz	1 1/3 cups	1 lb	2 2/3 cups	
Canned low-sodium salsa	14 oz	1 1/2 cups (approx. 1 No. 300 can)	1 lb 12 oz	3 cups (approx. 2 No. 300 can)	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh red onions, diced	2 oz	1/3 cup 2 3/4 tsp	4 oz	2/3 cup 1 Tbsp 2 1/2 tsp	
Jalapeños, diced, seeded		1/4 cup	2 oz	1/2 cup	
Low-fat cheddar cheese, shredded	8 oz	2 cups	1 lb	1 qt	5 Sprinkle 8 oz (2 cup) cheese over each pan.
					6 Critical Control Point: Cool to 40 °F or lower within 4 hours.
					7 Critical Control Point: Hold at 40 °F or below.
					8 Serve 3/4 cup (portion with 6 oz slotted spoodle).

NUTRITION INFORMATION

For ¾ cup (6 oz spoodle)

NUTRIENTS	AMOUNT
Calories	217
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Total Fat	6 g
Saturated Fat	2 g
Cholesterol	5 mg
Sodium	290 mg
Total Carbohydrate	33 g
Dietary Fiber	5 g
Total Sugars	13 g
Added Sugars included	N/A
Protein	8 g
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Vitamin A	38 mcg RAE
Vitamin C	23 mg
Vitamin D	1 IU
Calcium	147 mg
Iron	2 mg
Potassium	384 mg
N/A=no data available.	

MARKETING GUIDE

*Fresh green peppers, diced	8 oz	1 lb
*Fresh red peppers, diced	10 oz	1 lb 4 oz
*Fresh red onions, diced	2 ½ oz	5 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

Mexican Seasoning Mix: Makes ¾ cup (about 4 ½ oz)

Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, ¼ tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

How to Cook Dry Beans

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 140 °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 4 hours.

1 lb dry kidney beans = about 2 ½ cups dry or 5 ¼ cups cooked beans.

*Use the 30% reduced sodium version of Old Bay Seasoning to further reduce the sodium in the recipe.

SOURCE:
CACFP Adult Portion Recipe Project

YIELD/VOLUME	
25 Servings	50 Servings
About 9 lb 15 oz	About 19 lb 14 oz
About 1 gal 1 qt/1 steam table pan (12" x 20" x 2 ½")	About 2 gal 2 qt/2 steam table pans (12" x 20" x 2 ½")