Pulses

Dry beans, peas, lentils, chickpeas
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<td>Sweet Potato and Black Bean Stew</td>
<td>51</td>
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Bean Dip

**Makes:** 25 or 50 servings

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Weight</th>
<th>Measure</th>
<th>Weight</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canned garbanzo beans, drained</td>
<td>1 lb 6 oz</td>
<td>3 1/2 cups</td>
<td>2 lb 12 oz</td>
<td>1 qt 3 cups</td>
</tr>
<tr>
<td>Lemon juice</td>
<td>1 1/2 tsp</td>
<td>1 Tbsp</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Granulated garlic</td>
<td>1 tsp</td>
<td>2 tsp</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetable oil</td>
<td>2 Tbsp</td>
<td>1/4 cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low-sodium soy sauce</td>
<td>1/2 tsp</td>
<td>1 tsp</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ground black or white pepper</td>
<td>1/8 tsp</td>
<td>1/4 tsp</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dried parsley</td>
<td>2 Tbsp</td>
<td>1/4 cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Water</td>
<td>1/4 cup</td>
<td>1/2 cup</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Directions**

1. Mash or blend all ingredients, either by hand or by using a food processor.
2. CCP: Hold at 40°F or colder. Refrigerate until ready to serve.
3. Portion with No. 30 scoop (2 Tbsp).

**Notes**

Special Tip:
For a tasty snack, serve this dip with whole wheat pita wedges.

**Nutrition Information**

<table>
<thead>
<tr>
<th>Key Nutrients</th>
<th>Amount</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Calories</td>
<td>55</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>1.52 g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>1.88 g</td>
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</tr>
<tr>
<td>Carbohydrates</td>
<td>8.56 g</td>
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<tr>
<td>Dietary Fiber</td>
<td>1.7 g</td>
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<tr>
<td>Saturated Fat</td>
<td>0.2 g</td>
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</tr>
<tr>
<td>Sodium</td>
<td>115 mg</td>
<td></td>
</tr>
</tbody>
</table>

**Meal Components**

- Vegetables
  - Beans & Peas 1 tablespoon
- Meat / Meat Alternate 1/4 ounce
Confetti Soup

Makes: 25 or 50 Servings

This delicious recipe mixes together black-eyed peas, savory smoked turkey ham, fresh vegetables, and a secret ingredient, kale, to make up this warm, winter-wonder soup!

### Ingredients

<table>
<thead>
<tr>
<th></th>
<th>25 Servings</th>
<th>50 Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canola oil</td>
<td>2 1/2 Tbsp</td>
<td>1/4 cup 1 Tbsp</td>
</tr>
<tr>
<td>*Fresh onions, diced</td>
<td>15 oz</td>
<td>3 cups</td>
</tr>
<tr>
<td>*Fresh celery, diced</td>
<td>15 oz</td>
<td>3 cups</td>
</tr>
<tr>
<td>*Fresh carrots, diced</td>
<td>15 oz</td>
<td>3 cups</td>
</tr>
<tr>
<td>Salt</td>
<td>2 tsp</td>
<td>1 Tbsp 1 tsp</td>
</tr>
<tr>
<td>Ground black pepper</td>
<td>2 tsp</td>
<td>1 Tbsp 1 tsp</td>
</tr>
<tr>
<td>Fennel seed, whole</td>
<td>1 tsp</td>
<td>2 tsp</td>
</tr>
<tr>
<td>Crushed red pepper (optional)</td>
<td>1/2 tsp</td>
<td>1 tsp</td>
</tr>
<tr>
<td>Canned low-sodium black-eyed peas, drained, rinsed</td>
<td>2 lb 13 oz</td>
<td>1 qt 2 1/2 cups (2/3 No. 10 can)</td>
</tr>
<tr>
<td>OR Frozen black-eyed peas (See Notes Section)</td>
<td>2 lb 13 oz</td>
<td>2 qt</td>
</tr>
<tr>
<td>Water</td>
<td>3 qt 2 cups</td>
<td>1 gal 3 qt</td>
</tr>
<tr>
<td>Turkey Ham, extra-lean, diced 1/4&quot;</td>
<td>1 lb 8 oz</td>
<td>3 1/4 cups</td>
</tr>
<tr>
<td>*Fresh kale, coarsely chopped</td>
<td>2 oz</td>
<td>1 1/4 cups</td>
</tr>
<tr>
<td>*Fresh parsley, finely chopped</td>
<td>1/3 cup</td>
<td>2/3 cup</td>
</tr>
</tbody>
</table>

### Nutrition Information

<table>
<thead>
<tr>
<th>Key Nutrients</th>
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<th>% Daily Value*</th>
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<tbody>
<tr>
<td>Total Calories</td>
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<tr>
<td>Total Fat</td>
<td>2.83 g</td>
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<tr>
<td>Protein</td>
<td>7.92 g</td>
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<tr>
<td>Carbohydrates</td>
<td>10.39 g</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2.55 g</td>
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<tr>
<td>Saturated Fat</td>
<td>0.4 g</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>487.58 mg</td>
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### Meal Components

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Other</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Meat / Meat Alternate</td>
<td>1 1/2 ounces</td>
</tr>
</tbody>
</table>

### Directions

1. Heat oil. For 25 servings, use a large stockpot For 50
servings, use 1 roasting pan/square head pan (20 7/8" x 17 3/8" x 7") on top of stove. Sauté onions and celery for 2-3 minutes or until tender.

2. Add carrots, salt, pepper, fennel, and crushed red pepper (optional). Sauté for an additional 2-3 minutes.

3. Add peas and water. Cook uncovered over medium heat for 20-25 minutes

4. Add turkey ham and kale. Cook covered over low heat for an additional 10 minutes or until kale is tender. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

5. Critical Control Point: Hold for hot service at 135 °F or higher. Add parsley immediately before serving.

6. Portion with 8 fl oz ladle (1 cup)

Notes

Our Story
Located in Charleston, South Carolina, Burke Middle and High School takes pride in sharing its rich history. The school strives to help each student reach his/her individual potential while achieving measurable success in the classroom.
This recipe challenge team formed a dynamic group with a local restaurant chef as their lead. The chef invited the team members to his restaurant to begin developing recipes for the competition. They worked to perfect the recipes and later prepared the recipes for the students to try. All of their hard work resulted in Confetti Soup. This isn’t your everyday soup—your kids will surely be asking for more!

Burke Middle and High School
Charleston, South Carolina
School Team Members
School Nutrition Professional: Erin Boudolf, RD
Chef: Craig Deihl
Community Members: Jennifer Moore (The Medical University of South Carolina’s Boeing Center for Promotion of Healthy Lifestyles in Children and Families) and Coleen Martin (The Medical University of South Carolina’s Boeing Center for Promotion of Healthy Lifestyles in Children and Families)
Students: Auja R., Keshawn J., Quatifah L., and Tyler M.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available. Cooking time increases if frozen black-eyed peas are used. Cook until peas are soft.

1 cup (8 fl oz ladle) provides:

**Legume as Meat Alternate:** 1 ½ oz equivalent meat/meat alternate and ¼ cup other vegetable.

OR

**Legume as Vegetable:** ½ oz equivalent meat, ¼ cup legume vegetable, and ¼ cup other vegetable

*Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously*
Eagle Pizza

Makes: 50 or 100 Servings

A delicious combination of pizza and taco, this recipe is made with whole-grain tostada shells, refried beans, shredded cheese, and a stack of colorful veggies.

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>50 Servings</th>
<th></th>
<th>100 Servings</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>*Fresh spinach, julienne sliced</td>
<td>5 oz</td>
<td>1 qt</td>
<td>10 oz</td>
<td>2 qt</td>
</tr>
<tr>
<td>*Fresh romaine lettuce, julienne sliced</td>
<td>8 oz</td>
<td>1 qt</td>
<td>1 lb</td>
<td>2 qt</td>
</tr>
<tr>
<td>Salt-free chill-lime seasoning blend OR</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>OR Salt-free taco seasoning blend (See Notes Section)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Canned low-sodium refried pinto beans, fat-free</td>
<td>7 lb 12 oz</td>
<td>3 qt 1 1/2 cups (1 1/4 No. 10 cans)</td>
<td>15 lb 8 oz</td>
<td>1 gal 2 3/4 qt (2 1/4 No. 10 cans)</td>
</tr>
<tr>
<td>*Fresh green bell peppers, diced</td>
<td>2 lb</td>
<td>1 qt 2 cups</td>
<td>4 lb</td>
<td>3 qt</td>
</tr>
<tr>
<td>*Fresh onions, diced</td>
<td>2 lb</td>
<td>1 qt 2 1/4 cups</td>
<td>4 lb</td>
<td>3 qt</td>
</tr>
<tr>
<td>Canned low-sodium corn, drained, rinsed</td>
<td>3 lb 6 oz</td>
<td>1 qt 2 cups (1 No. 10 can)</td>
<td>6 lb 12 oz</td>
<td>3 qt (2 No. 10 cans)</td>
</tr>
<tr>
<td>Tostada shells (round) (0.5 oz each)</td>
<td></td>
<td>50</td>
<td></td>
<td>100</td>
</tr>
<tr>
<td>Reduced-fat Mexican cheese blend, shredded</td>
<td>1 lb</td>
<td>1 qt</td>
<td>2 lb</td>
<td>2 qt</td>
</tr>
<tr>
<td>*Fresh carrots, shredded</td>
<td>1 lb 8 oz</td>
<td>1 qt 3 1/2 cups</td>
<td>3 lb</td>
<td>1 gal 3 cups</td>
</tr>
<tr>
<td>Low-sodium salsa, mild</td>
<td>1 lb 8 oz</td>
<td>3 cups</td>
<td>3 lb</td>
<td>1 qt 2 cups</td>
</tr>
<tr>
<td>Fat-free sour cream</td>
<td>1 lb 8 oz</td>
<td>3 cups</td>
<td>3 lb</td>
<td>1 qt 2 cups</td>
</tr>
</tbody>
</table>

Nutrition Information

Key Nutrients          | Amount | % Daily Value |
-----------------------|--------|---------------|
Total Calories         | 205.96 |               |
Total Fat              | 5.69 g |               |
Protein                | 8.86 g |               |
Carbohydrates          | 32.2 g |               |
Dietary Fiber          | 5.99 g |               |
Saturated Fat          | 2.16 g |               |
Sodium                 | 289.72 mg |           |

Meal Components

Vegetables
- Starchy 1/8 cup
- Red & Orange 1/8 cup
- Other 1/2 cup

Grains 1/2 ounce

Meat / Meat Alternate 1 1/4 ounces
Directions


2. Mix salt-free seasoning and beans. Set aside.

3. Sauté green peppers, onions, and corn for 3-4 minutes in a pan coated with pan release spray. Set aside.

4. Portion beans with No.16 scoop (¼ cup) on each tostada shell. Spread evenly.

5. Top with 1/3 cup vegetable mixture. Sprinkle with 1 Tbsp cheese.

6. Place tostadas on a sheet pan (18” x 26” x 1”) lightly coated with pan release spray. For 50 servings, use 4 pans. For 100 servings, use 8 pans. Bake until cheese is melted: Conventional oven: 350 °F for about 5 minutes
Convection oven: 350 °F for about 3 minutes.

7. Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.

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

9. Top each tostada with: 1 Tbsp 1 tsp spinach/lettuce mixture 2 Tbsp carrots 1 Tbsp salsa 1 Tbsp sour cream. Serving suggestion: serve toppings in individual soufflé cups

10. Serve one tostada.

Notes

Our Story
Byars Elementary School is located approximately an hour southeast of Oklahoma City. It is one of the few pre-kindergarten through 8th grade schools in the State. The recipe challenge team decided to name their creation after the school mascot. Members of the community teamed up with the school to pursue the challenge with Eagle Pride! Taste-tested by the student body, Eagle Pizza was a winner.
Eagle Pizza will give kids the power and energy they need for a busy day. This versatile recipe can easily be made with help from the kids. Eagle Pizza is a tasty choice that
will make your sense of pride soar like an eagle when they smile over this yummy combination of pizza and taco!

Byars Elementary School
Byars, Oklahoma

School Team Members

School Nutrition Professional: Vickie Spray
Chef: Ruth Burrows, DTR
Community Member: Sandra Walck (past School Board Member)
Students: Gracie S., Braden P., Shawn M., Shawn T., and Travis W.

1 tostada pizza provides:

**Legume as Meat Alternate:** 1 1/4 oz equivalent meat alternate, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, 1/2 cup other vegetable, and 1/2 oz equivalent grains.

**OR**

**Legume as Vegetable:** 1/4 oz equivalent meat alternate, 1/4 cup legume vegetable, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, 1/2 cup other vegetable, and 1/2 oz equivalent grains.

*Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.*

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

**Salt-free taco seasoning blend**

**For 50 servings:**
2 Tbsp dried onion
2 Tbsp chili powder
1 Tbsp cumin
1 Tbsp crushed red pepper
1 Tbsp garlic powder
1 ½ tsp oregano
1 Tbsp cornstarch

**For 100 servings:**
4 Tbsp dried onion
4 Tbsp chili powder
2 Tbsp cumin
2 Tbsp crushed red pepper
2 Tbsp garlic powder
1 Tbsp oregano
2 Tbsp cornstarch

Combine all ingredients. Store in airtight container.
**If using immediately, do not add cornstarch.
TIP: Prepare one tostada pizza using exact measurements and use it as a guide to assemble remaining pizzas.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.
Fiesta Mexican Lasagna

**Makes**: 25 or 50 Servings

This main dish is filled with hearty, healthy ingredients. It’s colorful vegetables are layered with crunchy tortilla chips, smooth black beans, flavorful cumin, oregano, and lively salsa, and baked to perfection as an aromatic, savory casserole.

### Ingredients

<table>
<thead>
<tr>
<th></th>
<th>25 Servings</th>
<th>Measure</th>
<th>50 Servings</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Canola oil</strong></td>
<td>1/4 cup</td>
<td>1 Tbsp</td>
<td>1/4 cup</td>
<td>1 Tbsp</td>
</tr>
<tr>
<td><strong>Fresh green bell peppers, diced</strong></td>
<td>3/4 cup</td>
<td>10 oz</td>
<td>1 1/2 cups</td>
<td></td>
</tr>
<tr>
<td><strong>Canned low-sodium corn, drained, rinsed</strong></td>
<td>1 qt 2/3 cups</td>
<td>3 lb</td>
<td>2 qt 1/3 cups</td>
<td></td>
</tr>
<tr>
<td><strong>Fresh onions, diced</strong></td>
<td>1 qt 3/4 cups</td>
<td>3 lb</td>
<td>2 qt 1 3/8 cups</td>
<td></td>
</tr>
<tr>
<td><strong>Fresh butternut squash, peeled, cubed 1/2”</strong></td>
<td>1 qt 3 1/2 cups</td>
<td>3 lb 8 oz</td>
<td>3 qt 3 cups</td>
<td></td>
</tr>
<tr>
<td><strong>Ground oregano</strong></td>
<td>2 tsp</td>
<td>1 Tbsp 1 tsp</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Ground cumin</strong></td>
<td>2 tsp</td>
<td>1 Tbsp 1 tsp</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Granulated garlic</strong></td>
<td>2 tsp</td>
<td>1 Tbsp 1 tsp</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Chili powder</strong></td>
<td>2 tsp</td>
<td>1 Tbsp 1 tsp</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Paprika</strong></td>
<td>2 tsp</td>
<td>1 Tbsp 1 tsp</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Salt</strong></td>
<td>2 tsp</td>
<td>1 Tbsp 1 tsp</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Canned low-sodium black beans, drained, rinsed</strong></td>
<td>3 qt 3 1/3 cups</td>
<td>2 lb 8 oz</td>
<td>3 qt 3 cups</td>
<td></td>
</tr>
</tbody>
</table>

### Nutrition Information

**Key Nutrients**

- **Total Calories**: 263.63
- **Total Fat**: 4.09 g
- **Protein**: 8.71 g
- **Carbohydrates**: 52.16 g
- **Dietary Fiber**: 9.37 g
- **Saturated Fat**: 0.51 g
- **Sodium**: 425.06 mg

### Meal Components

**Vegetables**

- **Starchy**: 1/8 cup
- **Red & Orange**: 3/8 cup
- **Other**: 1/4 cup

**Grains**: 3/4 ounce

**Meat / Meat Alternate**: 1 ounce

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**Pulses**
Directions

1. Combine oil, green peppers, corn, and half of onions. Reserve remaining onions for step 5. Toss to coat. Transfer to a sheet pan (18” x 26” x 1”). For 25 servings, use 1 pan. For 50 servings, use 2 pans.


3. Place squash in perforated steam table pan (12” x 20” x 2 ½”) and steam for 15 minutes or until tender. For 25 servings, use 1 pan. For 50 servings, use 2 pans.


5. Lightly coat nonstick pan with pan release spray. Saute remaining onions with oregano, cumin, garlic, chili powder, paprika and salt, for 5 minutes until soft.

6. Puree onion mixture and beans in a food processor to a smooth consistency. If needed, add water to make puree smoother: For 25 servings, use about 1/8 cup water. For 50 servings, use about ¼ cup water. Set aside.

7. Combine spaghetti sauce and salsa. Set aside

8. For 25 servings, crumble 8 oz tortilla chips for topping. Reserve remaining 1 lb whole tortilla chips for lasagna layers. For 50 servings, crumble 1 lb tortilla chips for topping. Reserve remaining 2 lb whole tortilla chips for lasagna layers.

9. ASSEMBLY: Lightly coat steam table pan (12” x 20” x 2 ½”) with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans. FIRST LAYER: a. 1 qt ¼ cup
sauce SECOND LAYER: a. 8 oz whole chips (about 85 chips), slightly overlapping b. 1 qt 1 cup (about 2 lb 4 oz) bean mixture c. 1 qt ½ cup (about 1 lb 15 oz) squash/vegetable mixture THIRD LAYER: Repeat second layer FOURTH LAYER: a. 1 qt ¼ cup sauce b. 8 oz crumbled chips, about 2 ½ cups

10. Tightly cover pans


12. Remove from oven. Uncover. Allow to set for 15 minutes before serving.

13. Critical Control Point: Hold at 135 °F or higher.

14. Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3 3/4" square).

Notes

Our Story
At the Ithaca City School District in picturesque Ithaca in upstate New York, their mission is to educate every student to become a life-long learner. The team’s chef is a co-owner of a local restaurant which is considered one of the “pioneer” restaurants for preparing and serving healthy, local, plant-based meals.

For its entry in the Recipes for Healthy Kids Competition, the team worked to create Fiesta Mexican Lasagna and conducted numerous taste tests with students. This hearty main dish features golden butternut squash, corn, and peppers roasted until sweet and the natural flavors caramelize together. This deliciously spicy spin on an Italian classic will leave your kids wanting more!

Ithaca City School District
Ithaca, New York

School Team Members
School Nutrition Professional: Denise Agati (Food Service Director)
Chef: Wynnie Stein (Chef, Moosewood Restaurant)
Community Members: Amie Hamlin (Executive Director, New York Coalition for Healthy School Food) and Eric Smith (Owner, Cayuga Pure Organics)
Students: Alyia C. and Josie W. (Middle School Students)

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

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 ½ cups dry or 4 ½ cups cooked beans.

One piece provides:
Legume as Vegetable: 1/4 cup legume vegetable, 3/8 cup red/orange vegetable, 1/4 cup starchy vegetable, 1/8 cup other vegetable, and 3/4 oz equivalent grains.
OR
Legume as Meat Alternate: 1 oz equivalent meat alternate, 3/8 cup red/orange vegetable, 1/8 cup starchy vegetable, 1/4 cup other vegetable, and 3/4 oz equivalent grains

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

The grain ingredients used in this recipe must meet the
Food and Nutrition Service whole grain-rich criteria.
Fiesta Wrap

Makes: 25 or 50 Servings
This delicious main dish features a quinoa and black bean filling seasoned with spices, lime juice, and a medley of carrots, red peppers, red onions, and reduced-fat cheddar cheese.

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>25 Servings</th>
<th>50 Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quinoa, dry</td>
<td>6 1/2 oz</td>
<td>13 oz</td>
</tr>
<tr>
<td>Water</td>
<td>2 cups</td>
<td>1 qt</td>
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<tr>
<td>Canned low-sodium black beans</td>
<td>3 lb 6 oz</td>
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<tr>
<td>OR</td>
<td>2 qt (7/8</td>
<td>1 gal (1 3/4</td>
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<tr>
<td>OR</td>
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<td>OR</td>
</tr>
<tr>
<td>*Dry black beans, cooked</td>
<td>3 lb 6 oz</td>
<td>6 lb 12 oz</td>
</tr>
<tr>
<td>(See Notes Section)</td>
<td>2 qt</td>
<td>1 gal</td>
</tr>
<tr>
<td>*Fresh carrots, shredded</td>
<td>5 1/2 oz</td>
<td>11 oz</td>
</tr>
<tr>
<td>Reduced-fat white cheddar cheese</td>
<td>3 oz</td>
<td>2 cups</td>
</tr>
<tr>
<td>OR</td>
<td>1 cup</td>
<td>6 oz</td>
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<td>*Fresh red bell peppers, diced</td>
<td>5 1/2 oz</td>
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<tr>
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<td>2 cups</td>
</tr>
<tr>
<td>Chili powder</td>
<td>1 Tbsp</td>
<td>2 Tbsp</td>
</tr>
<tr>
<td>Ground cumin</td>
<td>1 1/2 Tbsp</td>
<td>3 Tbsp</td>
</tr>
<tr>
<td>Lime juice</td>
<td>1 1/2 Tbsp</td>
<td>3 Tbsp</td>
</tr>
<tr>
<td>Whole-wheat tortillas, 6&quot; (0.9 oz</td>
<td>25</td>
<td>50</td>
</tr>
<tr>
<td>each)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetable oil</td>
<td>1/4 cup</td>
<td>1/2 cup</td>
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Nutrition Information

<table>
<thead>
<tr>
<th>Key Nutrients</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Total Calories</td>
<td>175.48</td>
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<td>Total Fat</td>
<td>5.07 g</td>
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<tr>
<td>Protein</td>
<td>6.86 g</td>
<td></td>
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<tr>
<td>Carbohydrates</td>
<td>26.93 g</td>
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<tr>
<td>Dietary Fiber</td>
<td>5.16 g</td>
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<tr>
<td>Saturated Fat</td>
<td>0.63 g</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>346.18 mg</td>
<td></td>
</tr>
</tbody>
</table>

Meal Components

<table>
<thead>
<tr>
<th>Grains</th>
<th>1 ounce</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat / Meat Alternate</td>
<td>1 ounce</td>
</tr>
</tbody>
</table>
kernel. The white ring will only appear when it is fully cooked. Fluff. Set aside.

3. Place half of the black beans in a large bowl and lightly hand mash, using gloved hands. Some beans should remain whole. For 25 servings, mash to yield about 1 qt 2 ½ cups. For 50 servings, mash to yield about 3 qt 1 cup.

4. Filling: Combine quinoa, mashed beans, carrots, cheese, red peppers, onions, chili powder, cumin, lime juice, and for 50 servings only, salt. Mix thoroughly.

5. Using a No. 8 scoop (½ cup), spread filling on bottom third of tortilla. Roll in the form of a burrito and seal. If preferred, spread filling on half the tortilla and fold in half like a taco.

6. Brush filled wraps lightly with oil and place seam side down on sheet pan (18” x 26” x 1”). For 25 servings, use 1 pan. For 50 servings, use 2 pans.


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

9. If desired, serve with fresh diced tomatoes, corn salsa, lettuce, and/or salsa.

10. Serve 1 wrap.

Notes

Our Story
Charter Oak International Academy, nestled in the midst of the West Hartford, Connecticut School District, is a thriving magnet school with students from 20 countries, speaking 14 languages! For the contest the recipe challenge team included students from three schools involved in the Chefs Move to Schools program or Farm to School pilot program and one of the founders of “Growing Great Schools,” a newly formed parent advocacy group. Their winning creation, Fiesta Wrap, combines spices, whole grains, legumes, and vibrant vegetables to create a taste that is unforgettable. To top it off, kids can crown their wraps with fresh tomatoes, lettuce, and corn salsa.
Charter Oak International Academy
West Hartford, Connecticut

School Team Members
School Nutrition Professional: Sharon Riley (Area Manager, School Nutrition Services)
Chef: Hunter Morton (Executive Chef, Max’s Downtown Restaurant)
Community Member: Alicia Brown (Parent)
Students: Cole C., Sasha W., Remie H., Noa B., and Niranda M.

1 wrap provides:
**Legume as Meat Alternate:** 1 oz equivalent meat alternate and 1 oz equivalent grains.
OR
**Legume as Vegetable:** ¼ cup legume vegetable and 1 oz equivalent grains

*Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.*

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

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

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.
Fiesta Wrap

Makes: 50 or 100 Servings
This delicious main dish features a quinoa and black bean filling seasoned with spices, lime juice, and a medley of carrots, red peppers, red onions, and reduced-fat cheddar cheese.

### Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>50 Servings</th>
<th>Weight</th>
<th>Measure</th>
<th>100 Servings</th>
<th>Weight</th>
<th>Measure</th>
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</thead>
<tbody>
<tr>
<td>Quinoa, dry</td>
<td>13 oz</td>
<td>2 cups</td>
<td>1 lb 10 oz</td>
<td>1 qt</td>
<td>1 lb 10 oz</td>
<td>1 qt</td>
</tr>
<tr>
<td>Water</td>
<td></td>
<td>1 qt</td>
<td></td>
<td></td>
<td>2 qt</td>
<td></td>
</tr>
<tr>
<td>Canned low-sodium black beans, drained, rinsed</td>
<td>6 lb 12 oz</td>
<td>1 gal (1 3/4 No. 10 cans)</td>
<td>13 lb 8 oz</td>
<td>2 gal (3 1/2 No. 10 cans)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>OR</td>
<td></td>
<td>OR</td>
<td>OR</td>
<td>OR</td>
<td>OR</td>
<td></td>
</tr>
<tr>
<td>*Dry black beans, cooked (See Notes Section)</td>
<td>6 lb 12 oz</td>
<td>1 gal</td>
<td>13 lb 8 oz</td>
<td>2 gal</td>
<td></td>
<td></td>
</tr>
<tr>
<td>*Fresh carrots, shredded</td>
<td>11 oz</td>
<td>2 2/3 cups</td>
<td>1 lb 6 oz</td>
<td>1 qt 1 1/3 cups</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Reduced-fat white cheddar cheese, shredded</td>
<td>6 oz</td>
<td>2 cups</td>
<td>12 oz</td>
<td>1 qt</td>
<td></td>
<td></td>
</tr>
<tr>
<td>*Fresh red bell peppers, diced</td>
<td>11 oz</td>
<td>2 cups</td>
<td>1 lb 6 oz</td>
<td>1 qt</td>
<td></td>
<td></td>
</tr>
<tr>
<td>*Fresh red onions, diced</td>
<td>11 oz</td>
<td>2 cups</td>
<td>1 lb 6 oz</td>
<td>1 qt</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chili powder</td>
<td>2 Tbsp</td>
<td></td>
<td>1/4 cup</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ground cumin</td>
<td>3 Tbsp</td>
<td></td>
<td>1/4 cup 2 Tbsp</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Lime juice</td>
<td>3 Tbsp</td>
<td></td>
<td>1/4 cup 2 Tbsp</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Salt</td>
<td>2 tsp</td>
<td></td>
<td>1 Tbsp 1 tsp</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Whole-wheat tortillas, 6&quot; (0.9 oz each)</td>
<td>50</td>
<td>100</td>
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<tr>
<td>Vegetable oil</td>
<td>1/2 cup</td>
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### Nutrition Information

**Key Nutrients**

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<thead>
<tr>
<th></th>
<th>Amount</th>
<th>% Daily Value</th>
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<tbody>
<tr>
<td>Total Calories</td>
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</tr>
<tr>
<td>Total Fat</td>
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<td></td>
</tr>
<tr>
<td>Protein</td>
<td>6.86 g</td>
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<tr>
<td>Carbohydrates</td>
<td>26.93 g</td>
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<tr>
<td>Dietary Fiber</td>
<td>5.16 g</td>
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</tr>
<tr>
<td>Sodium</td>
<td>346.18 mg</td>
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**Meal Components**

<table>
<thead>
<tr>
<th></th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains</td>
<td>1 ounce</td>
</tr>
<tr>
<td>Meat / Meat Alternate</td>
<td>1 ounce</td>
</tr>
</tbody>
</table>

### Directions

1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
2. Combine quinoa and water in a covered stock pot and bring to a boil. Reduce heat to low and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will only appear when it is fully cooked. Fluff. Set aside.

3. Place half of the black beans in a large bowl and lightly hand mash, using gloved hands. Some beans should remain whole. For 50 servings, mash to yield about 3 qt 1 cup. For 100 servings, mash to yield about 1 gal 2 ½ qt.

4. Filling: Combine quinoa, mashed beans, carrots, cheese, red peppers, onions, chili powder, cumin, lime juice, and salt. Mix thoroughly.

5. Using a No. 8 scoop (½ cup), spread filling on bottom third of tortilla. Roll in the form of a burrito and seal. If preferred, spread filling on half the tortilla and fold in half like a taco.

6. Brush filled wraps lightly with oil and place seam side down on sheet pan (18” x 26” x 1”). For 50 servings, use 2 pans. For 100 servings, use 4 pans.


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

9. If desired, serve with fresh diced tomatoes, corn salsa, lettuce, and/or salsa.

10. Serve 1 wrap.

Notes

Our Story
Charter Oak International Academy, nestled in the midst of the West Hartford, Connecticut School District, is a thriving magnet school with students from 20 countries, speaking 14 languages! For the contest the recipe challenge team included students from three schools involved in the Chefs Move to Schools program or Farm to School pilot program.
and one of the founders of “Growing Great Schools,” a newly formed parent advocacy group. Their winning creation, Fiesta Wrap, combines spices, whole grains, legumes, and vibrant vegetables to create a taste that is unforgettable. To top it off, kids can crown their wraps with fresh tomatoes, lettuce, and corn salsa.

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West Hartford, Connecticut

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School Nutrition Professional: Sharon Riley (Area Manager, School Nutrition Services)
Chef: Hunter Morton (Executive Chef, Max’s Downtown Restaurant)
Community Member: Alicia Brown (Parent)
Students: Cole C., Sasha W., Remie H., Noa B., and Niranda M.

1 wrap provides:
Legume as Meat Alternate: 1 oz equivalent meat alternate and 1 oz equivalent grains.
OR
Legume as Vegetable: ¼ cup legume vegetable and 1 oz equivalent grains.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

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

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.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.
Harvest Stew

**Makes:** 25 or 50 Servings
This hearty dish is a perfect blend of spinach, sweet potatoes, red potatoes, northern beans, tomatoes, and chicken. To round out the dish, the flavors of carrots, celery, onions, and garlic take this stew to the next level!

### Ingredients

<table>
<thead>
<tr>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight</td>
</tr>
<tr>
<td>Measure</td>
</tr>
<tr>
<td>Measure</td>
</tr>
<tr>
<td>Measure</td>
</tr>
</tbody>
</table>

*Vegetable oil*  
2 1/2 Tbsp  
1/4 cup  
1 Tbsp

*Fresh onions, diced*  
10 oz  
1 1/2 cups  
1 lb 4 oz  
3 cups

*Fresh carrots, diced*  
6 oz  
1 cup  
12 oz  
2 cups

*Fresh celery, diced*  
8 1/2 oz  
1 2/3 cups  
1 lb 1 oz  
3 1/3 cups

Enriched all-purpose flour  
1 oz  
1/4 cup  
3 oz  
1/2 cup

Water  
1 qt  
1 cup  
2 qt  
1 cup

Low-sodium chicken base  
1 1/2 tsp  
1 Tbsp

Salt-free seasoning  
1 tsp  
1 tsp

Garlic powder  
1/2 tsp  
1 tsp

Canned low-sodium diced tomatoes  
1 lb 10 oz  
3 1/4 cups  
3 lb 4 oz  
1 qt 2 1/2 cups

*Fresh sweet potatoes, peeled, cubed 1”*  
12 oz  
3 1/2 cups  
1 lb 8 oz  
1 qt 3 cups

*Fresh red potatoes, unpeeled, cubed 1”*  
12 oz  
2 cups  
1 lb 8 oz  
1 qt

Frozen, cooked diced chicken, thawed, 1/2” pieces  
13 oz  
2 2/3 cups  
1 lb 10 oz  
1 qt 1 1/3 cups

Canned low-sodium great northern beans, drained, rinsed  
3 lb 8 oz  
1 qt 2 2/3 cups  
7 lb  
3 qt 1 1/3 cups

OR  
*Dry great northern beans, cooked (See Notes Section)*  
3 lb 8 oz  
1 qt 2 2/3 cups  
7 lb  
3 qt 1 1/3 cups

*Fresh baby spinach, chopped*  
2 1/2 oz  
1 cup  
5 oz  
2 cups

### Nutrition Information

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<thead>
<tr>
<th>Key Nutrients</th>
<th>Amount</th>
<th>% Daily Value*</th>
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<tbody>
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<td>Sodium</td>
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### Meal Components

**Vegetables**

- Red & Orange 1/8 cup
- Other 1/4 cup

**Meat / Meat Alternate** 1 1/2 ounces
Directions

1. Heat oil: For 25 servings, use a large stockpot. For 50 servings, use a roasting pan/square head pan (20 7/8” x 17 3/8” x 7”) on top of stove. Sauté onions, carrots, and celery for 5 minutes until slightly browned.

2. Sprinkle flour over vegetables and mix well. Add water and base. Mix well. Bring to a boil uncovered.

3. Add seasoning and garlic powder. Cook uncovered over medium heat for 2 minutes.

4. Add tomatoes, sweet potatoes, and red potatoes. Simmer uncovered over low heat for 15 minutes or until potatoes are tender.

5. Add chicken, beans, and spinach. Simmer uncovered for an additional 10 minutes. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

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


Notes

Our Story
When the recipe challenge team came together to work on this project, they had no idea what they had gotten themselves into. Their first task was figuring out how to organize a tasting event because their school had over 750 students. The team then experimented with different ingredients and recipes which led to the development of Harvest Stew. The school is proud that North Carolina sweet potatoes from their Farm to School program were used in this stew.

This flavorful dish was created to satisfy the palate, while being a filling, nutritious meal to fuel the body for the rest of the day. Kids will be ecstatic over the taste of this recipe.

David D. Jones Elementary School
School Team Members
School Nutrition Professional: Pam Cecil
Chef: Matthias Hartmann
Community Members: Jen Schell (Parent) and Amanda Hester (Nutritionist)
Students: Maria S., Bailey P., Nemiah I., Jalen W., and Ayatollah H.

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

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 great northern beans = about 2 ½ cups dry or 6 ¼ cups cooked beans.

¾ cup provides:
Legume as Vegetable: 1/2 oz equivalent meat, 1/4 cup legume vegetable, 1/8 cup red/orange vegetable, and 1/4 cup additional vegetable.
Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.
# Harvest Stew

**Makes**: 50 or 100 Servings  
This hearty dish is a perfect blend of spinach, sweet potatoes, red potatoes, northern beans, tomatoes, and chicken. To round out the dish, the flavors of carrots, celery, onions, and garlic take this stew to the next level!

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Weight</th>
<th>Measure</th>
<th>Weight</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetable oil</td>
<td></td>
<td>1/4 cup</td>
<td></td>
<td>3/4 cup</td>
</tr>
<tr>
<td>*Fresh onions, diced</td>
<td>1 lb 4 oz</td>
<td>3 cups</td>
<td>2 lb 8 oz</td>
<td>1 1/2 qt</td>
</tr>
<tr>
<td>*Fresh carrots, diced</td>
<td>12 oz</td>
<td>2 cups</td>
<td>1 lb 8 oz</td>
<td>1 qt</td>
</tr>
<tr>
<td>*Fresh celery, diced</td>
<td>1 lb 1 oz</td>
<td>3 1/3 cups</td>
<td>2 lb 2 oz</td>
<td>1 qt 2 2/3 cups</td>
</tr>
<tr>
<td>Enriched all-purpose flour</td>
<td>3 oz</td>
<td>1/2 cup</td>
<td>6 oz</td>
<td>1 cup 2 Tbsp</td>
</tr>
<tr>
<td>Water</td>
<td></td>
<td>2 qt 2 cups</td>
<td></td>
<td>1 gal 1 qt</td>
</tr>
<tr>
<td>Low-sodium chicken base</td>
<td></td>
<td>1 Tbsp</td>
<td></td>
<td>2 Tbsp</td>
</tr>
<tr>
<td>Salt-free seasoning</td>
<td></td>
<td>1 tsp</td>
<td></td>
<td>2 tsp</td>
</tr>
<tr>
<td>Garlic powder</td>
<td></td>
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<td></td>
<td>2 Tbsp</td>
</tr>
<tr>
<td>Canned low-sodium diced tomatoes</td>
<td>3 lb 4 oz</td>
<td>1 qt 2 1/2 cups</td>
<td>6 lb 8 oz</td>
<td>3 qt 1 cup (1 No. 10 can)</td>
</tr>
<tr>
<td>*Fresh sweet potatoes, peeled, cubed 1&quot;</td>
<td>1 lb 8 oz</td>
<td>1 qt 3 cups</td>
<td>3 lb</td>
<td>3 qt 2 cups</td>
</tr>
<tr>
<td>*Fresh red potatoes, unpeeled, cubed 1&quot;</td>
<td>1 lb 8 oz</td>
<td>1 qt</td>
<td>3 lb</td>
<td>2 qt</td>
</tr>
<tr>
<td>Frozen, cooked diced chicken, thawed, 1/2&quot; pieces</td>
<td>1 lb 10 oz</td>
<td>1 qt 1 1/3 cups</td>
<td>3 lb 4 oz</td>
<td>2 qt 2 2/3 cups</td>
</tr>
<tr>
<td>Canned low-sodium great northern beans, drained, rinsed</td>
<td>7 lb</td>
<td>3 qt 1 1/3 cups (1 3/4 No. 10 cans)</td>
<td>14 lb</td>
<td>1 gal 2 2/3 qt (3 1/2 No. 10 cans)</td>
</tr>
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<td>OR</td>
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</tr>
</tbody>
</table>

## Nutrition Information

<table>
<thead>
<tr>
<th>Key Nutrients</th>
<th>Amount</th>
<th>% Daily Value*</th>
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<tbody>
<tr>
<td>Total Calories</td>
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<tr>
<td>Total Fat</td>
<td>2.24 g</td>
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<tr>
<td>Protein</td>
<td>7.95 g</td>
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<tr>
<td>Carbohydrates</td>
<td>18.19 g</td>
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<tr>
<td>Dietary Fiber</td>
<td>5.03 g</td>
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<tr>
<td>Saturated Fat</td>
<td>0.27 g</td>
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<tr>
<td>Sodium</td>
<td>57.37 mg</td>
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## Meal Components

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red &amp; Orange</td>
<td>1/8 cup</td>
</tr>
<tr>
<td>Meat / Meat Alternate</td>
<td>1 1/2 ounces</td>
</tr>
</tbody>
</table>

## Notes Section

- For the canned low-sodium diced tomatoes, use 1 3/4 No. 10 cans.
- For the Canned low-sodium great northern beans, drained, rinsed, use 1 gal 2 2/3 qt (3 1/2 No. 10 cans).
- For the *Dry great northern beans, cooked, use 1 gal 2 2/3 qt.
Directions

1. Heat oil in a roasting pan/square head pan (20 7/8” x 17 3/8” x 7”) on top of stove. Sauté onions, carrots, and celery for 5 minutes until slightly browned.

2. Sprinkle flour over vegetables and mix well. Add water and base. Mix well. Bring to a boil uncovered.

3. Add seasoning and garlic powder. Cook uncovered over medium heat for 2 minutes.

4. Add tomatoes, sweet potatoes, and red potatoes. Simmer uncovered over low heat for 15 minutes or until potatoes are tender.

5. Add chicken, beans, and spinach. Simmer uncovered for an additional 10 minutes. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

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

7. Portion with 6 fl oz ladle (¾ cup).

Notes

Our Story
When the recipe challenge team came together to work on this project, they had no idea what they had gotten themselves into. Their first task was figuring out how to organize a tasting event because their school had over 750 students. The team then experimented with different ingredients and recipes which led to the development of Harvest Stew. The school is proud that North Carolina sweet potatoes from their Farm to School program were used in this stew. This flavorful dish was created to satisfy the palate, while being a filling, nutritious meal to fuel the body for the rest of the day. Kids will be ecstatic over the taste of this recipe.

David D. Jones Elementary School
Greensboro, North Carolina
School Team Members
School Nutrition Professional: Pam Cecil
Chef: Matthias Hartmann
Community Members: Jen Schell (Parent) and Amanda Hester (Nutritionist)
Students: Maria S., Bailey P., Nemiah I., Jalen W., and Ayatollah H.

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

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 great northern beans = about 2 ½ cups dry or 6 ¼ cups cooked beans.

¾ cup (6 fl oz ladle) provides:

Legume as Meat Alternate: 1 1/2 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, and 1/4 cup additional vegetable.
OR
Legume as Vegetable: 1/2 oz equivalent meat, 1/4 cup legume vegetable, 1/8 cup red/orange vegetable, and 1/4 cup additional vegetable.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.
Lentils of the Southwest

Makes: 25 or 50 Servings

Flavored with ground red chili, cumin, garlic, and a touch of tomatoes, these lentils have a “salsa flavor” that kids are sure to love.

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Weight</th>
<th>Measure</th>
<th>Weight</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>*Lentils, brown or green, dry</td>
<td>15 oz</td>
<td>2 1/4 cups</td>
<td>1 lb 14 oz</td>
<td>1 qt 1/2 cup</td>
</tr>
<tr>
<td>Water</td>
<td>1 qt 1/4 cup</td>
<td>2 qt 1/2 cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>*Fresh onions, diced</td>
<td>4 oz</td>
<td>3/4 cup 2 Tbsp</td>
<td>8 oz</td>
<td>1 3/4 cups</td>
</tr>
<tr>
<td>Fresh garlic, minced</td>
<td>1 Tbsp</td>
<td></td>
<td>2 Tbsp</td>
<td></td>
</tr>
<tr>
<td>Extra virgin olive oil</td>
<td>1 Tbsp</td>
<td></td>
<td>2 Tbsp</td>
<td></td>
</tr>
<tr>
<td>Ground cumin</td>
<td>1 Tbsp 1 tsp</td>
<td>2 Tbsp 2 tsp</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ground red chili pepper</td>
<td>1 Tbsp</td>
<td></td>
<td>2 Tbsp</td>
<td></td>
</tr>
<tr>
<td>Chili powder</td>
<td>1 1/2 tsp</td>
<td></td>
<td>1 tsp</td>
<td></td>
</tr>
<tr>
<td>Canned low-sodium diced</td>
<td>12 oz</td>
<td>1 1/2 cups (1/8 No. 10 can)</td>
<td>1 lb 8 oz</td>
<td>3 cups (1/4 No. 10 can)</td>
</tr>
<tr>
<td>tomatoes</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>OR</td>
<td></td>
<td>OR</td>
<td>OR</td>
<td>OR</td>
</tr>
<tr>
<td>*Fresh tomatoes, diced</td>
<td>12 oz</td>
<td>1 1/2 cups</td>
<td>1 lb 8 oz</td>
<td>3 cups</td>
</tr>
<tr>
<td>Salt</td>
<td>1 1/2 tsp</td>
<td></td>
<td>1 Tbsp</td>
<td></td>
</tr>
<tr>
<td>Fresh cilantro, finely</td>
<td>1 1/2 cups</td>
<td>2 oz</td>
<td>3 cups</td>
<td></td>
</tr>
<tr>
<td>chopped</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

Directions

1. Rinse lentils and sort out any unwanted materials. Drain well.

2. Combine lentils and water in a stock pot. Bring to a boil. Reduce heat and simmer, uncovered, until lentils are tender, about 30-40 minutes.

3. Sauté onions and garlic in oil for 5 minutes or until tender. Stir in cumin, red chili pepper, and chili powder. Cook for 2-3 minutes over low heat.

Nutrition Information

<table>
<thead>
<tr>
<th>Key Nutrients</th>
<th>Amount</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
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<td>Total Calories</td>
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<td>Total Fat</td>
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<td>Protein</td>
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<td>Carbohydrates</td>
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<td>Sodium</td>
<td>141.83 mg</td>
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</table>

Meal Components

Meat / Meat Alternate 1 ounce
4. Combine onions and garlic with cooked lentils. Add water. For 25 servings, add 1 ½ cups water. For 50 servings, add 3 cups water.

5. Stir in tomatoes and salt. Bring to a boil. Reduce heat and simmer uncovered for 20 minutes. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.


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

8. Portion with 2 fl oz ladle (¼ cup).

Notes

Our Story
With the support of Cooking with Kids, a nonprofit organization in Santa Fe that provides hands-on nutrition education each year to elementary school students in public schools, the Sweeney Elementary School recipe challenge team came together to create this delicious dish. Lentils have so much potential for meals. Packed with protein, vitamins, and fiber, they are easy to cook and have great versatility. Lentils of the Southwest can be served as a side dish to make the perfect New Mexican lunch. When accompanied by brown rice, this lentil recipe becomes a tasty main dish. The team is very happy that their recipe was chosen as a winner to be represented in the cookbook.

Sweeney Elementary School
Santa Fe, New Mexico

School Team Members

School Nutrition Professional: Judi Jacquez (Director, Student Nutrition Services)
Chef: Rocky Durham
Community Members: Jane Stacey (Program Director, Cooking with Kids) and Anna Farrier (Community Liaison, Cooking with Kids)
Students: Melanie S., Jailey B., Marisol B., Diana O., and Nicole A.

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

¼ cup (2 fl oz ladle) provides:

**Legume as meat alternate:** 1 oz equivalent meat alternate.

OR

**Legume as vegetable:** ¼ cup legume vegetable. *Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not both simultaneously.*
Purple Power Bean Wrap

Makes: 25 or 50 Servings
Rolled up in a whole-wheat tortilla are avocado, white beans, lettuce, and shredded purple cabbage that pack a powerful purple punch in this delicious vegetarian wrap.

### Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Weight</th>
<th>Measure</th>
<th>Weight</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canned low-sodium great northern beans, drained, rinsed</td>
<td>3 lb</td>
<td>1 qt 1 2/3 cups (2/3 No. 10 can)</td>
<td>6 lb</td>
<td>2 qt 3 1/3 cups (1 1/3 No. 10 cans)</td>
</tr>
<tr>
<td>OR</td>
<td>OR</td>
<td>OR</td>
<td>OR</td>
<td>OR</td>
</tr>
<tr>
<td>*Dry great northern beans, cooked (See Notes Section)</td>
<td>3 lb</td>
<td>1 qt 1 2/3 cups</td>
<td>6 lb</td>
<td>2 qt 3 1/3 cups</td>
</tr>
<tr>
<td>*Fresh avocados, peeled, seeded</td>
<td>1 lb 6 oz</td>
<td>About 3</td>
<td>2 lb 12 oz</td>
<td>About 6</td>
</tr>
<tr>
<td>*Fresh lemons, zested then juiced</td>
<td>About 3</td>
<td>1 Tbsp zest 1/2 cup juice</td>
<td>About 6</td>
<td>2 Tbsp zest 1 cup juice</td>
</tr>
<tr>
<td>Fresh garlic cloves, minced</td>
<td>1/4 cup</td>
<td></td>
<td>1/2 cup</td>
<td></td>
</tr>
<tr>
<td>Extra virgin olive oil</td>
<td>3 Tbsp</td>
<td></td>
<td>1/4 cup 2 Tbsp</td>
<td></td>
</tr>
<tr>
<td>Chili powder</td>
<td>1 1/2 tsp</td>
<td></td>
<td>1 Tbsp</td>
<td></td>
</tr>
<tr>
<td>Salt</td>
<td>2 1/4 tsp</td>
<td></td>
<td>1 1/2 Tbsp</td>
<td></td>
</tr>
<tr>
<td>*Fresh purple cabbage, finely shredded</td>
<td>1 lb 2 oz</td>
<td>1 qt 1 cup</td>
<td>2 lb 4 oz</td>
<td>2 qt 2 cups</td>
</tr>
<tr>
<td>Whole-wheat tortillas, 10” (1.8 oz each)</td>
<td></td>
<td>25</td>
<td></td>
<td>50</td>
</tr>
<tr>
<td>*Fresh romaine lettuce, shredded</td>
<td>1 lb 10 oz</td>
<td>3 qt 1 cup</td>
<td>3 lb 4 oz</td>
<td>1 gal 2 1/2 qt</td>
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</table>

### Directions

1. Puree beans in food processor to a smooth consistency. Set aside

### Nutrition Information

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<tr>
<th>Key Nutrients</th>
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<th>% Daily Value</th>
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### Meal Components

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<tbody>
<tr>
<td>Dark Green</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Other</td>
<td>3/8 cup</td>
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</tbody>
</table>

Grains 1 3/4 ounces

Meat / Meat Alternate 1/2 ounce
2. Puree avocado, lemon zest and juice, garlic, oil, chili powder, and salt to a smooth consistency. Mix in pureed beans.

3. Combine shredded cabbage with bean mixture. Cover and refrigerate at 40 °F for no more than 2 hours to avoid avocado oxidizing and turning brown.

4. Using a No. 10 scoop (3/8 cup) spread filling on bottom half of tortilla.

5. Add 1/2 cup of lettuce and roll in the form of a burrito and seal.

6. Cut diagonally in half.

7. Critical Control Point: Hold for cold service at 40 °F or lower.

8. Portion 1 wrap (two halves).

Notes
Our Story
Newman Elementary School is the largest elementary school in the Needham Public School District. It serves over 700 students in preschool through the 5th grade, offering an engaging and supportive learning environment to all of the students.

The recipe competition was a great opportunity for the students to play a major role in sustaining a healthy school environment. Six students were able to participate on the recipe challenge team, which worked for several weeks trying different recipes that combined puréed beans with a variety of different ingredients.

The team eventually decided that avocado and purple cabbage yielded the best color and flavor combination. Their end result was an entrée called Purple Power Bean Wrap—a delicious, nutritious, and really cool vegetarian meal. It is sure to surprise and delight your children!
Newman Elementary School
Needham, Massachusetts

School Team Members

School Nutrition Professional: Steve Farrell
Chef: Sue Findlay
Community Members: Kim Benner (Parent) and Anne Hayek (Parent)
Students: James B., John B., Maeve B., Sophie F-W., Becca S., and Chloé M.

1 wrap (two halves) provides:
Legume as Meat Alternate: ½ oz equivalent meat alternate, 1/4 cup dark green vegetable, 3/8 cup other vegetable, and 1 3/4 oz equivalent grains.

OR

Legume as Vegetable: 1/8 cup legume vegetable, ¼ cup dark green vegetable, 3/8 cup other vegetable, and 1 3/4 oz equivalent grains.

1/2 wrap (one half) provides:
Legume as Vegetable: 1/8 cup dark green vegetable, 1/4 cup other vegetable, and 3/4 oz equivalent grains.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.
Avocados vary in size according to the season. Please measure this product by weight and not by produce amounts.
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 great northern beans = about 2 ½ cups dry or 6 ¼ cups cooked beans.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.
Purple Power Bean Wrap

Makes: 50 or 100 Servings
Rolled up in a whole-wheat tortilla are avocado, white beans, lettuce, and shredded purple cabbage that pack a powerful purple punch in this delicious vegetarian wrap.

### Ingredients

<table>
<thead>
<tr>
<th>Weight</th>
<th>Measure</th>
<th>Weight</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 lb</td>
<td>2 qt 3 1/3 cups (1 1/3 No. 10 cans)</td>
<td>12 lb</td>
<td>1 gal 1 3/4 qt (2 2/3 No. 10 cans)</td>
</tr>
<tr>
<td>6 lb</td>
<td>2 qt 3 1/3 cups</td>
<td>12 lb</td>
<td>1 gal 1 3/4 qt</td>
</tr>
<tr>
<td>2 lb 12 oz</td>
<td>About 6</td>
<td>5 lb 8 oz</td>
<td>About 12</td>
</tr>
<tr>
<td>About 6</td>
<td>2 Tbsp zest</td>
<td>About 12</td>
<td>1/4 cup zest 2 cups juice</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>1 cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/4 cup 2 Tbsp</td>
<td>3/4 cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Tbsp</td>
<td>2 Tbsp</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 1/2 Tbsp</td>
<td>3 Tbsp</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 lb 4 oz</td>
<td>2 qt 2 cups</td>
<td>4 lb 8 oz</td>
<td>1 gal 1 qt</td>
</tr>
<tr>
<td>3 lb 4 oz</td>
<td>1 gal 2 1/2 qt</td>
<td>6 lb 8 oz</td>
<td>3 gal 1 qt</td>
</tr>
</tbody>
</table>

### Directions

1. Puree beans in food processor to a smooth consistency. Set aside.
2. Puree avocado, lemon zest and juice, garlic, oil, chili powder, and salt to a smooth consistency. Mix in pureed beans.

3. Combine shredded cabbage with bean mixture. Cover and refrigerate at 40 °F for no more than 2 hours to avoid avocado oxidizing and turning brown.

4. Using a No.10 scoop (3/4 cup) spread filling on bottom half of tortilla.

5. Add ½ cup of lettuce and roll in the form of a burrito and seal.

6. Cut diagonally in half.

7. Critical Control Point: Hold for cold service at 41 °F or lower.

8. Portion 1 wrap (two halves).

Notes

Our Story
Newman Elementary School is the largest elementary school in the Needham Public School District. It serves over 700 students in preschool through the 5th grade, offering an engaging and supportive learning environment to all of the students.

The recipe competition was a great opportunity for the students to play a major role in sustaining a healthy school environment. Six students were able to participate on the recipe challenge team, which worked for several weeks trying different recipes that combined puréed beans with a variety of different ingredients.

The team eventually decided that avocado and purple cabbage yielded the best color and flavor combination. Their end result was an entrée called Purple Power Bean Wrap—a delicious, nutritious, and really cool vegetarian meal. It is sure to surprise and delight your children!
Newman Elementary School
Needham, Massachusetts

School Team Members

School Nutrition Professional: Steve Farrell
Chef: Sue Findlay
Community Members: Kim Benner (Parent) and Anne Hayek (Parent)
Students: James B., John B., Maeve B., Sophie F-W., Becca S., and Chloé M.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.
Avocados vary in size according to the season. Please measure this product by weight and not by produce amounts.

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 great northern beans = about 2 ½ cups dry or 6 ¼ cups cooked beans.

1 wrap (two halves) provides:
**Legume as Meat Alternate:** 1/2 oz equivalent meat alternate, 1/4 cup dark green vegetable, 3/8 cup other vegetable, and 1 3/4 oz equivalent grains.

OR

**Legume as Vegetable:** 1/8 cup legume vegetable, 1/4 cup dark green vegetable, 3/8 cup other vegetable, and 1 3/4 oz equivalent grains.

1/2 wrap (one half) provides:

**Legume as Vegetable:** 1/8 cup dark green vegetable, 1/4 cup other vegetable, and 3/4 oz equivalent grains.

*Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.*

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.
Refried Beans

Makes: 25 or 50 servings

Ingredients

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Weight</th>
<th>Measure</th>
<th>Weight</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canned pinto beans, drained, stock reserved</td>
<td>3 lb 2 oz</td>
<td>1 qt 3 cups (7/8 No. 10 can)</td>
<td>6 lb 4 oz</td>
<td>3 qt 2 cups (1 3/4 No. 10 cans)</td>
</tr>
<tr>
<td>OR</td>
<td>OR</td>
<td>OR</td>
<td>OR</td>
<td>OR</td>
</tr>
<tr>
<td>*Cooked dry pinto beans, drained (see preparation note)</td>
<td>3 lb 12 oz</td>
<td>1 qt 3 cups</td>
<td>7 lb 8 oz</td>
<td>3 qt 2 cups</td>
</tr>
<tr>
<td>Chicken or bean stock, non-MSG</td>
<td></td>
<td>1/4 cup 2 Tbsp</td>
<td></td>
<td>3/4 cup</td>
</tr>
<tr>
<td>Vegetable oil</td>
<td></td>
<td>3 Tbsp</td>
<td></td>
<td>1/3 cup</td>
</tr>
<tr>
<td>Chili powder</td>
<td></td>
<td>2 1/2 tsp</td>
<td></td>
<td>1 Tbsp 2 tsp</td>
</tr>
<tr>
<td>Ground cumin</td>
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<td>2 tsp</td>
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<td>1 Tbsp 1 tsp</td>
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<td>Paprika</td>
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<td>Onion powder</td>
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<td>1 tsp</td>
</tr>
<tr>
<td>Reduced fat cheddar cheese, shredded</td>
<td>5 1/2 oz</td>
<td>1 1/2 cups 2 Tbsp</td>
<td>11 oz</td>
<td>3 1/4 cups</td>
</tr>
</tbody>
</table>

Directions

1. Place beans, chicken broth or bean stock, oil, seasonings (optional), in mixer. Blend on medium speed with paddle attachment for 3-5 minutes until smooth or to desired consistency.

2. Pour 3 lb 8 oz (approximately 1 qt 3 cups) mixture into each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.

3. Bake: Conventional oven: 350° F for 30 minutes
   Convection oven: 300° F for 20 minutes CCP not needed if using dry pinto beans and no chicken stock OR if using

Nutrition Information

<table>
<thead>
<tr>
<th>Key Nutrients</th>
<th>Amount</th>
<th>% Daily Value</th>
</tr>
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Meal Components

<table>
<thead>
<tr>
<th>Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans &amp; Peas</td>
</tr>
<tr>
<td>Meat / Meat Alternate</td>
</tr>
</tbody>
</table>
previously cooked and chilled beans or stock. CCP: Heat to 165° F or higher.

4. CCP: Hold at 140° F or warmer. Portion with No. 16 scoop (¼ cup).

5. Sprinkle 5 ½ oz (1 ½ cups 2 Tbsp) cheese over each pan.

Notes

* See Marketing Guide

PREPARATION NOTE:

SOAKING BEANS
Overnight method: Add 1 ¾ qt cold water to each pound of dry beans. Cover and refrigerate overnight.
Quick-soak method: Boil 1 ¾ qt water for each pound of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

COOKING BEANS
Once the beans have been soaked and drained, add 1 ¾ qt water and ½ tsp salt to each pound of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately or,

CCP: Hold for hot service at 135° F or higher.

OR

Chill for later use. If chilling: CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans = about 2 ½ cups dry or 5 ¼ cups cooked pinto beans.
Spanish Chickpea Stew

Makes: 50 or 100 Servings
The mild spicing of cumin and paprika, the heartiness of chickpeas, the soothing taste of spinach, the slight acidity of tomatoes, and the sweetness of golden raisins, create a delicious stew that will make your mouth water.

50 Servings
50 servings

100 Servings
100 servings

Ingredients

<table>
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<tr>
<th></th>
<th>Weight</th>
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<th>Weight</th>
<th>Measure</th>
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<tbody>
<tr>
<td>Extra virgin olive oil</td>
<td>1 1/2 cups</td>
<td>3 cups</td>
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<td></td>
</tr>
<tr>
<td>Fresh garlic, minced</td>
<td>6 oz</td>
<td>1/2 cup 2</td>
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<tr>
<td>*Fresh onions, diced</td>
<td>2 gal</td>
<td>2 gal</td>
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<tr>
<td>Sweet paprika</td>
<td>1/2 cup 2</td>
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<tr>
<td>Ground cumin</td>
<td>2 Tbsp</td>
<td></td>
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<tr>
<td>Frozen spinach, chopped</td>
<td>3 gal</td>
<td></td>
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<tr>
<td>Canned low-sodium garbanzo beans (chickpeas), drained, rinsed</td>
<td>2 gal 2 qt</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>OR</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>*Dry garbanzo beans (chickpeas), cooked (See Notes Section)</td>
<td>2 gal 2 qt</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Golden seedless raisins</td>
<td>3 qt 3 cups</td>
<td></td>
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<tr>
<td>Canned low-sodium diced tomatoes</td>
<td>2 qt 2 cups</td>
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<td></td>
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</tr>
<tr>
<td>Low-sodium chicken stock</td>
<td>1 gal 2 1/4 qt</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Red wine vinegar</td>
<td>1 cup</td>
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<tr>
<td>Salt</td>
<td>1 Tbsp 1 tsp</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Ground black pepper</td>
<td>1 Tbsp 1 tsp</td>
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</tr>
</tbody>
</table>

Nutrition Information

Key Nutrients | Amount | % Daily Value |
--- | --- | --- |
Total Calories | 241 | |
Total Fat | 7.9 g | |
Protein | 7.8 g | |
Carbohydrates | 37.92 g | |
Dietary Fiber | 5.62 g | |
Saturated Fat | 1.1 g | |
Sodium | 156.06 mg | |

Meal Components

Fruits | 1/4 cup |
Vegetables | |
- Dark Green | 1/8 cup |
- Other | 1/4 cup |
Meat / Meat Alternate | 1 1/2 ounces |
1. Heat oil: Add garlic and sauté for 2-3 minutes. Add onions. Continue to sauté for 5-7 minutes until the onions are translucent. For 25 servings, use a large stockpot. For 50 servings, use one roasting pan/square head pan. (20 7/8” x 17 3/8” x 7”).

2. Mix in paprika and cumin.

3. Add spinach and sauté for 15 minutes.

4. Mix in garbanzo beans (chickpeas), raisins, tomatoes, and stock. Bring to a boil. Reduce heat to low. Simmer uncovered for 15 minutes or until raisins are plump.

5. Add vinegar, salt, and pepper. Mix well. Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.


7. Portion with 8 fl oz ladle (1 cup).

Notes

Our Story
Skyline High School is located on a beautiful 45-acre campus at the crest of the Oakland Hills in California. The recipe challenge team grew out of an existing afterschool cooking academy that teaches cooking skills and nutrition. After conducting taste tests and receiving approvals by the students, the team eventually submitted not one, but two stew recipes which were selected to be featured in this cookbook: Spanish Chickpea Stew and Sweet Potato and Black Bean Stew.

The hearty Spanish Chickpea Stew will make a delightful addition to your menu. The flavors of this stew are well-balanced by the slight acidity of the tomatoes, creating a delicious main dish when served over brown rice or whole-wheat couscous.

Skyline High School
Oakland, California

School Team Members
School Nutrition Professional: Donnie Barclift
Chef: Jenny Huston
Community Members: Rusty Hopewell (Health Center
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

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 garbanzo beans (chickpeas) = about 2 ½ cups dry or 6 ¼ cups cooked garbanzo beans (chickpeas).

1 cup (8 fl oz ladle) provides:
- **Legume as Meat Alternate:** 1 1/2 oz equivalent meat alternate, 1/8 cup dark green vegetable, 1/4 cup other vegetable, and 1/4 cup fruit.
- **Legume as Vegetable:** 3/8 cup legume vegetable, 1/8 cup dark green vegetable, 1/4 cup other vegetable, and 1/4 cup fruit.

*Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.*
Sweet Potato and Black Bean Stew

Makes: 25 or 50 Servings
This hearty main dish combines the sweetness of orange sweet potatoes and the 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

<table>
<thead>
<tr>
<th></th>
<th>25 Servings</th>
<th>Measure</th>
<th>50 Servings</th>
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<tr>
<td>Dried New Mexican chili peppers, whole</td>
<td></td>
<td></td>
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</tr>
<tr>
<td><em>Fresh onions, diced</em></td>
<td>1 lb 9 oz</td>
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<td>3 lb 2 oz</td>
<td>2 qt 3 cups</td>
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<tr>
<td>Vegetable oil</td>
<td>1/2 cup</td>
<td></td>
<td>1 cup</td>
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</tr>
<tr>
<td>Ground cumin</td>
<td>1 1/2 Tbsp</td>
<td></td>
<td>3 Tbsp</td>
<td></td>
</tr>
<tr>
<td><em>Fresh sweet potatoes, peeled, cubed 1/2”</em></td>
<td>3 lb</td>
<td>2 qt 2 1/4 cups</td>
<td>6 lb</td>
<td>1 gal 1 qt</td>
</tr>
<tr>
<td>Canned low-sodium black beans, drained, rinsed</td>
<td>12 lb 2 oz</td>
<td>1 gal 1 1/3 qt</td>
<td>24 lb 4 oz</td>
<td>2 gal 2 2/3 qt</td>
</tr>
<tr>
<td>OR</td>
<td></td>
<td>(3 No. 10 cans)</td>
<td>(6 No. 10 cans)</td>
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</tr>
<tr>
<td><em>Dry black beans, cooked</em> (See Notes Section)</td>
<td>12 lb 2 oz</td>
<td>1 gal 1 1/3 qt</td>
<td>24 lb 4 oz</td>
<td>2 gal 2 2/3 qt</td>
</tr>
<tr>
<td>OR</td>
<td></td>
<td>(3 No. 10 cans)</td>
<td>(6 No. 10 cans)</td>
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</tr>
<tr>
<td>Orange juice</td>
<td>3 cups</td>
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<td>1 qt 2 cups</td>
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<tr>
<td>Low-sodium chicken stock</td>
<td>1 qt</td>
<td></td>
<td>2 qt</td>
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<tr>
<td>Red wine vinegar</td>
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<tr>
<td>Salt</td>
<td>1 tsp</td>
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<td></td>
</tr>
<tr>
<td>Ground black pepper</td>
<td>1 tsp</td>
<td></td>
<td>2 tsp</td>
<td></td>
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<tr>
<td><em>Fresh Swiss chard, no stems, chopped 1/2”</em></td>
<td>1 lb</td>
<td>1 qt 1 cup</td>
<td>2 lb</td>
<td>2 qt 2 cups</td>
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<td>OR</td>
<td></td>
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<td>OR</td>
<td>OR</td>
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<tr>
<td>Frozen Swiss chard, chopped</td>
<td>12 oz</td>
<td>2 1/4 cups</td>
<td>1 lb 8 oz</td>
<td>1 qt 1/2 cup</td>
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### Nutrition Information

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### Meal Components

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<thead>
<tr>
<th>Vegetables</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Red &amp; Orange</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Other</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Meat / Meat Alternate</td>
<td>3 ounces</td>
</tr>
</tbody>
</table>
1. Sauté chili peppers and onions in oil for 2-3 minutes. For 25 servings, use a large stockpot. For 50 servings, use a roasting pan/square head pan (20 7/8” x 17 3/8” x 7”) on top of stove.

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 140 °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).

Notes

Our Story
Skyline High School is located at the crest of the Oakland Hills in California. The team grew out of an existing afterschool cooking academy that teaches cooking skills and nutrition. The team is excited to have their recipe, Sweet Potato and Black Bean Stew, represented in this cookbook.

Sweet Potato and Black Bean Stew was created when the team at Skyline High School decided to match an unlikely pair of ingredients. The wonderful recipe combination is as savory as it is sweet. This stew is brought to a healthy and earthy conclusion with flavorful Swiss chard, a delicate and mild-flavored, dark-green leafy vegetable. Served over brown rice or whole-wheat couscous, this stew warms the soul and feeds the mind.

Skyline High School
Oakland, California

School Team Members

School Nutrition Professional: Donnie Barclift
Chef: Jenny Huston
Community Members: Rusty Hopewell (Health Pulses)
1 cup provides:

Legume as Meat Alternate: 3 oz equivalent meat alternate, 1/4 cup red/orange vegetable, and 1/4 cup other vegetable.

OR

Legume as Vegetable: 3/4 cup legume vegetable, 1/4 cup red/orange vegetable, and 1/4 cup other vegetable.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

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

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 cooking beans.
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 cooking beans.

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.
Sweet Potato and Black Bean Stew

Makes: 50 or 100 Servings

This hearty main dish combines the sweetness of orange sweet potatoes and the 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

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>50 Servings</th>
<th>Measure</th>
<th>100 Servings</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dried New Mexican chili peppers, whole</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>*Fresh onions, diced</td>
<td>3 lb 2 oz</td>
<td>2 qt 3 cups</td>
<td>6 lb 4 oz</td>
<td>1 gal 1 qt</td>
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<tr>
<td>Vegetable oil</td>
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<td>1 cup</td>
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<td>2 cup</td>
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<tr>
<td>Ground cumin</td>
<td></td>
<td>3 Tbsp</td>
<td></td>
<td>1/4 cup 2 Tbsp</td>
</tr>
<tr>
<td>*Fresh sweet potatoes, peeled, cubed 1/2”</td>
<td>6 lb</td>
<td>1 gal 1 qt</td>
<td>12 lb</td>
<td>2 gal 2 qt</td>
</tr>
<tr>
<td>Canned low-sodium black beans, drained, rinsed</td>
<td>24 lb 4 oz</td>
<td>2 gal 2/3 qt</td>
<td>48 lb 8 oz</td>
<td>5 gal 1 1/3 qt</td>
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<tr>
<td>OR</td>
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<tr>
<td>OR (See Notes Section)</td>
<td>OR</td>
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<td>OR</td>
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<tr>
<td>Orange juice</td>
<td>1 qt 2 cups</td>
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<td>Low-sodium chicken stock</td>
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<tr>
<td>Red wine vinegar</td>
<td></td>
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<td>1 cup</td>
</tr>
<tr>
<td>Salt</td>
<td></td>
<td>2 tsp</td>
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<td>1 Tbsp 1 tsp</td>
</tr>
<tr>
<td>Ground black pepper</td>
<td></td>
<td>2 tsp</td>
<td></td>
<td>1 Tbsp 1 tsp</td>
</tr>
<tr>
<td>*Fresh Swiss chard, no stems, chopped 1/2”</td>
<td>2 lb</td>
<td>2 qt 2 cups</td>
<td>4 lb</td>
<td>1 gal 1 qt</td>
</tr>
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<td>1 lb 8 oz</td>
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<tr>
<td>Protein</td>
<td>10.35 g</td>
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<td>Carbohydrates</td>
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<td>Dietary Fiber</td>
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<td>Saturated Fat</td>
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<tr>
<td>Sodium</td>
<td>578.59 mg</td>
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</table>

Meal Components

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red &amp; Orange</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Other</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Meat / Meat Alternate</td>
<td>3 ounces</td>
</tr>
</tbody>
</table>
Directions

1. Sauté chili peppers and onions in oil for 2-3 minutes. For 25 servings, use a large stockpot. For 50 servings, use a roasting pan/square head pan (20 7/8” x 17 3/8” x 7”) on top of stove.

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.


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

7. Portion with 8 fl oz ladle (1 cup).

Notes

Our Story
Skyline High School is located at the crest of the Oakland Hills in California. The team grew out of an existing afterschool cooking academy that teaches cooking skills and nutrition. The team is excited to have their recipe, Sweet Potato and Black Bean Stew, represented in this cookbook.

Sweet Potato and Black Bean Stew was created when the team at Skyline High School decided to match an unlikely pair of ingredients. The wonderful recipe combination is as savory as it is sweet. This stew is brought to a healthy and earthy conclusion with flavorful Swiss chard, a delicate and mild-flavored, dark-green leafy vegetable. Served over brown rice or whole-wheat couscous, this stew warms the soul and feeds the mind.

Skyline High School
Oakland, California

School Team Members
1 cup provides:
Legume as Meat Alternate: 3 oz equivalent meat alternate, 1/4 cup red/orange vegetable, and 1/4 cup other vegetable.
OR
Legume as Vegetable: ¾ cup legume vegetable, 1/4 cup red/orange vegetable, and 1/4 cup other vegetable.
Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

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

Special tip for preparing dry beans:

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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 cooking the beans.

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.