

Baja Bean Fajitas

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Tortilla, 10 inch, whole grain rich		50 each		100 each
Black beans, canned, drained		1 ½ gallons + 1 cup		3 gallons + 1 pint
Salsa, canned		1 gallon		2 gallons
Onions, cut in strips	6 lbs.		12 lbs.	
Green peppers, cut in strips	2 lbs.		4 lbs.	
Oil		¼ cup		½ cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Sauté onion and pepper strips in tilt skillet or steam kettle in small amount of oil until tender. Do not overcook vegetables.
2. Transfer vegetables to serving pan. Hold in warmer until service.
3. Heat beans in steamer until internal temperature reaches 140°F for 15 seconds. Cover and hold in warmer.
4. Steam tortillas in package for 2 minutes or until pliable.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

On the serving line, place one tortilla on the tray. Spread ½ cup of beans in center of the tortilla. Top beans with ½ cup onion and pepper mixture (customer may refuse). Fold tortilla over beans and vegetables and serve with ¼ cup of salsa in individual cups or in tortilla.

*Optional- Serve with Caliente Corn Salsa.

Each fajita provides 2 meat/meat alternates, 2 ounce equivalent grains (if 10 inch tortilla provides 2 ounce equivalent grains), ½ cup additional vegetable (when student chooses peppers and onions) and 1/4 cup red/orange vegetable (when student chooses salsa).

Nutrition Information per serving *From USDA Nutrient Database

Calories: 402 Total Fat: 11g Saturated Fat: 4g Monounsaturated Fat: 4g Polyunsaturated Fat: 2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 63g Fiber: 16g Total Sugar: 7g Protein: 15g Sodium: 687mg Vitamin A: 13µg Vitamin C: 45mg Calcium: 250mg Iron: 5mg Folate: 158µg

