Fiesta Rice & Beans Shaker
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: Advanced

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Weight</th>
<th>Measure</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Rice, Brown, dry</td>
<td>3 lbs. 2 oz.</td>
<td>6 lbs. 4 oz.</td>
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<tr>
<td>Water</td>
<td>2 ½ quarts</td>
<td>1 gallon + 1 quart</td>
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<tr>
<td>Corn, frozen or canned, tempered</td>
<td>¾ gallon + ½ cup</td>
<td>1 ½ gallons + 1 cup</td>
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<tr>
<td>Salsa, canned</td>
<td>¾ gallon + ½ cup</td>
<td>1 ½ gallons + 1 cup</td>
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<td></td>
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<tr>
<td>Black beans, canned, drained or cooked from dry</td>
<td>1 ½ gallons + 1 cup</td>
<td>3 gallons + 1 pint</td>
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<tr>
<td>Taco seasoning, low sodium</td>
<td>1 cup</td>
<td>1 pint</td>
<td></td>
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<tr>
<td>Corn tortilla chips, minimum 1 ounce equivalent grain, individual bags OR Corn tortilla chips, bulk</td>
<td>50 each</td>
<td>100 each</td>
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<tr>
<td>Romaine, fresh, chopped</td>
<td>2 lbs. 6 oz.</td>
<td>4 lbs. 12 oz.</td>
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<tr>
<td>Black olives, drained</td>
<td>½ - #10 can</td>
<td>1 - #10 can</td>
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<td></td>
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<tr>
<td>Jalapenos, sliced, fresh or canned</td>
<td>½ - #10 can</td>
<td>1- #10 can</td>
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<tr>
<td>Onion, diced</td>
<td>2 lbs.</td>
<td>4 lbs.</td>
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<tr>
<td>Optional Salad Dressing:</td>
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<td></td>
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<tr>
<td>Salsa, canned</td>
<td>1- #10 can</td>
<td>2- #10 cans</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ranch, dairy-free</td>
<td>1 1/8 cups</td>
<td>2 ¼ cups</td>
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</tbody>
</table>

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

Preparation
1. Prepare rice by combining with water and cook. Fluff. Place in warmer until service.
*Recommended cooking method: Steam covered for approximately 15 minutes.

Alternative cooking methods:
a. Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes.
b. Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.
2. Cool rice completely.
HACCP Critical Control Point: Hold at 41°F or lower within 4 hours.
3. Combine corn, black beans, salsa and taco seasoning in a large bowl.
4. Prepare salad dressing by combining the salsa and dairy-free ranch. Portion into 2 ounce soufflé cups, if desired.
Fiesta Rice & Beans Shaker Continued

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5. Layer ingredients into 16-oz cup as follows:
   - ½ cup rice
   - 1 cup bean and corn mixture
   - ¼ cup chopped romaine lettuce
   - 1/8 cup of any optional garnishes- onion, jalapenos, olives.
   - 1 ounce crushed tortilla chips

6. Cover the cup with lid.

Serving Information

Serve salad shaker with creamy salsa dressing or salad dressing of customer’s choice. For best results, have customer remove lid from the cup and pour dressing in. Place lid back on cup and shake the salad until ingredients are mixed.

Each serving provides 2 meat/meat alternates, 2 oz equivalent grains, ¼ cup starchy vegetable and ¼ cup red/orange vegetable and 1/8 cup dark green vegetable.

Nutrition Information *From USDA Nutrient Database

Calories: 371 Total Fat: 13g Saturated Fat: 4g Monounsaturated Fat: 6g Polyunsaturated Fat: 2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 61g Fiber: 16g Total Sugar: 15g Protein: 14g Sodium: 755mg Vitamin A: 263μg Vitamin C: 12mg Calcium: 260mg Iron: 5mg Folate: 262μg

Salsa Ranch Dressing

Calories: 98 Total Fat: 9g Saturated Fat: 1g Carbohydrate: 5g (1g Fiber) Protein: 12g Sodium: 410mg

Serving Information for Childcare Programs

In the classroom, portion ¼ cup of rice with ½ cup bean and corn mixture over the rice on each plate. Top with optional garnishes and ½ ounce crushed tortilla chips. Each serving provides 1 meat/meat alternate, 1 ½ oz. equivalent grains and ¼ cup vegetables.

Nutrition Information *From USDA Nutrient Database

Calories: 186 Total Fat: 6.5g Saturated Fat: 2g Monounsaturated Fat: 3g Polyunsaturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 30g Fiber: 8g Total Sugar: 7.5g Protein: 7g Sodium: 377mg Vitamin A: 132μg Vitamin C: 6mg Calcium: 130mg Iron: 2.5mg Folate: 131μg

Salsa Ranch Dressing

Calories: 98 Total Fat: 9g Saturated Fat: 1g Carbohydrate: 5g (1g Fiber) Protein: 12g Sodium: 410mg