



RECIPE NAME: North African Gumbo

File No:

Grade Group: K-8, 9-12	HACCP Process: <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 50	
Portion Size: 1 cup	
Serving Utensil: 8 fl. Oz spoodle	
Servings per Pan:	

Recipe Adapted From:

Project Bread



Ingredients	Weight	Measure	Procedure
Olive Oil Onions, Raw, Diced Garbanzo Beans, Canned, Low Sodium, Drained Collard Greens, Frozen, Chopped Sweet Potatoes, Fresh, Peeled, Diced (½" cubes) Salsa, Canned, Low Sodium Paprika Cinnamon Ginger, Ground Cumin Thyme, Dried Salt Pepper Water	⅓ lb 2 ¾ lb 4 ⅛ lb	2 Tbsp 2 #10 can ½ #10 can 1 tsp ¾ tsp ¾ tsp 1 tsp 1 tsp 1 Tbsp ¾ tsp 6 ¾ cups	<ol style="list-style-type: none"> Sauté onions in olive oil until soft. Do not brown. Add garbanzo beans, collard greens, sweet potatoes, salsa, dried spices, and water. Combine well. Cover and simmer over medium heat for 30 minutes or until gumbo has thickened. Check frequently to make sure stew is not sticking to the bottom of the pot. Serve 1 cup gumbo over ½ cup rice. <p>CCP: Hot hold at 140°F or higher for service.</p>
Total Yield:		Number of Pans:	
Weight:	Measure (volume):	Pan Size:	

Meal Component Contribution/Nutrition Analysis Based on Portion Size

Specify the grade group in the columns:	Grade Group: K-8, 9-12					Equipment (if not specified in procedures above): DG=Dark Green B/P=Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other
Meat/MeatAlternate	1.5 oz eq.					
Vegetable Subgroups	DG	B/P	R/O	S	O	
	⅛ c.		¼ c.			
Fruits						
Grains						
Calories:	175					
Saturated Fat (g):	0.12 g					
Sodium (mg):	331.06 mg					