



RECIPE NAME: Sweet Potato & Black Bean Stew

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	Recipe Adapted From: USDA Recipes for Healthy Kids
Number of Portions: 100		
Portion Size: 1 cup		
Serving Utensil: 8 fl. oz ladle		
Servings per Pan:		

Ingredients	Weight	Measure	Procedure
Chili peppers, New Mexican, dried, whole Onions, Raw, Chopped Oil, Vegetable Cumin, Ground Sweet Potato, Raw, Peeled, Cubes (1/2") Beans, Canned, Black, Low Sodium, Drained, Rinsed Juice, Orange Broth, Chicken, Low Sodium Vinegar, Red Wine Salt Pepper, Black, Ground Chard, Swiss, Raw, Chopped (1/2")	6 lb 4 oz 1 lb 12 lb 4 lb	12 peppers 1 gal + 1 qt 2 cups 1/4 cup + 2 Tbsp. 2 gal + 2 qt 8 - #10 cans 3 qt 1 gal 1 cup 1 Tbsp. + 1 tsp 1 Tbsp. + 1 tsp 1 gal + 1 qt	<ol style="list-style-type: none"> In a roasting pan (20 7/8" x 17 3/8" x 7") on top of stove, sauté chili peppers and onions in oil for 2-3 minutes. Add cumin and sauté for 2 minutes. Add sweet potatoes, black beans, orange juice, and stock. Bring to a boil. Cover and reduce heat to low. Simmer for 20 minutes or until potatoes are tender. Remove chilies and discard. Add vinegar, salt, pepper, and Swiss chard. Cover. CCP: Heat to 135° F or higher for at least 15 seconds. Portion with 8 fl oz ladle (1 cup). <p>CCP: Hold for hot service at 135° F or higher.</p> <p>Crediting: 3.25 oz eq. M/MA, 1/4 c. R/O, 1/8 c. additional vegetable*</p>

Total Yield:	Number of Pans: 2
Weight:	Pan Size: 20 7/8" x 17 3/8" x 7"

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	2.0 oz eq.					
Vegetable Subgroups total: 3/8 cup*	DG	B/P	R/O	S	O	
			1/4 c.			
Fruits						
Grains						
Calories:	251					
Saturated Fat (g):	0.82 g					
Sodium (mg):	431.68 mg					

