



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
Number of Portions: 50	
Portion Size: 1 cup	
Serving Utensil: 8 fl oz ladle	
Servings per Pan:	

Recipe Adapted From:

USDA Recipes for
Healthy Kids



Ingredients	Weight	Measure	Procedure
Chili peppers, New Mexican, dried, whole Onions, Raw, Chopped Oil, Vegetable Cumin, Ground Sweet Potato, Raw, Peeled, Cubes (½") Beans, Canned, Black, Low Sodium, Drained, Rinsed Juice, Orange Broth, Chicken, Low Sodium Vinegar, Red Wine Salt Pepper, Black. Ground Chard, Swiss, Raw, Chopped (½")	3 lb 2 oz 6 lb 2 lb	6 peppers 2 qt + 3 cups 1 cup 3 Tbsp 1 gal + 1 qt 4 - #10 cans 1 qt + 2 cups 2 qt ½ cup 2 tsp 2 tsp 2 qt + 2 cups	<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: 2oz eq. M/MA, ¼ c. R/O, 1/8 c. additional vegetable*</p>

Total Yield:	Number of Pans: 1
Weight:	Measure (volume):
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				
Meat/Meat Alternate	2.0 oz eq.				
Vegetable Subgroups total: 3/8 cup*	DG	B/P	R/O	S	O
			1/4 c.		
Fruits					
Grains					
Calories:	254				
Saturated Fat (g):	0.82 g				
Sodium (g):	431.96 mg				

Equipment (if not specified in procedures above):
DG=Dark Green B/P=Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other