

Black Bean Hash

Ingredients

- Red or Yellow Potatoes, Medium Diced - 3 cups / 16 oz
- Onion, Small Dice - 1 Cup / 5 oz
- Red Bell Pepper, Small Dice - 1 Cup / 5 oz
- Garlic, Fresh chopped - 1 Tbsp/ 0.5 oz
- Oil - 2 Tbsp / 1 oz
- Paprika - 1/2 Tbsp
- Chili Powder - 1 tsp
- Kosher Salt - 1 tsp
- Black Pepper - 1/2 tsp
- Smoked Paprika - 1/2 tsp
- Coriander, ground - 1/2 tsp
- Cumin, ground - 1/2 tsp
- Oregano, dried - 1/2 tsp
- Thyme, dried - 1/2tsp
- Garlic Powder - 1/4 tsp
- Onion Powder - 1/4 tsp
- 6 each - USDA 111860 Black Bean Burger patties
- 12 each - USDA 110394 8" Whole Grain Tortillas



Directions

1. Preheat the oven to 400 F.
2. In a large bowl, combine the prepared vegetables with the oil, stir well to coat.
3. Combine the spices and coat with the vegetables.
4. Chop the Black bean burgers into pieces, and combine with the seasoned vegetables. Mix well to combine until the patties broken into small pieces.
5. Place the black bean patty and vegetable mixture on a prepared sheet tray (pan spray is preferred to parchment).
6. Roast the mixture in the pre-heated oven for 20 minutes.
7. Stir to combine and serve hot with a Whole Grain Tortillas.

Notes, Tricks & Tips

- This dish would be great served alongside fried or scrambled eggs with Corn Tortilla chips or Whole Grain Tortillas.
- Serve with a garnish of sour cream, chopped cilantro and assorted hot sauces

Serving Size & Crediting

12 - 3/4 cup
Servings

1 M/MA
1.5 Grain

1/8 cup Additional
Vegetables

1/8 cup Starchy
Vegetables

Black Bean Tostada

Ingredients

- 12 each - USDA 111860 Black Bean Burger, Patties, Cooked, Frozen
- 24 each - 6" Whole Corn Tortillas, flat disks, baked (see notes below for crediting)
- Carrot-Cabbage salad, 3 cups / 12 oz
- Chipotle Ranch Sauce or Salsa verde, 1 1/2 cup / 6 oz
- Cotija or Cheddar cheese, 1 1/2 cup / 6 oz
- Pico de Gallo, 3/4 cup / 12 oz

Directions

1. Preheat the oven to 400 F
2. Place 12 Black Bean patties on a parchment lined sheet tray - bake for 12 minutes until crispy..
3. Place the 24 crisp corn tortillas on a sheet tray, slightly overlapping and bake for just 2 minutes until crispy and slightly toasted.
4. Assemble 1 patty on top of one crisp corn tortilla, top with 1 ounces of carrot cabbage slaw, 1 Tbsp of Chipotle sauce, or Salsa verde and 1/2 oz of Cheddar or Cotija,
5. Top with one additional crisp corn tortilla followed by 1/8 cup pico de Gallo.



Notes, Tricks & Tips

- This dish would be great served with black bean patties cut into strips and served stuffed into USDA [110394 8" Whole Grain Tortillas](#)
- If using Corn Tortillas must list "whole corn" as the first ingredient or be made with *nixtamalized corn, (i.e., corn treated with lime) in order to credit.
- The two crisp corn tortillas and the black bean patty could be served hot from the line and allow the students to build their own tostada from items on the salad and condiment bar.
- Serve with a garnish of sour cream, chopped cilantro and assorted hot sauces

**Serving Size
& Crediting**
12 Servings

2.5 M/MA

Grain - TBD
based on Grain
Selected for service

Chipotle Ranch

Ingredients

- Mayo – 1 ½ Cups / 12 oz
- Yogurt or Sour Cream – 1 ¼ Cups / 10 oz
- Buttermilk – ½ Cup / 4 oz
- Lime Juice – 2 Tbsp / 1 oz
- Apple cider vinegar – 1 Tbsp (0.5 oz)
- Chipotle peppers in adobo, finely minced – 2 Tbsp / 1 oz
- Dijon Mustard – 2 Tbsp / 1 oz
- Parsley Leaves & Stems, finely chopped – 1/2 cups / 1 oz
- Garlic Clove, Finely Grated – 1 Tbsp / 0.5 oz
- Dried parsley – 1 Tbsp
- Chives, dried or fresh, finely chopped – 1 tsp
- Dried dill – 1 tsp
- Smoked paprika – 1 tsp
- Garlic powder – ½ tsp
- Onion powder – ½ tsp
- Optional *pinch of cayenne – ⅛ tsp for extra zip
- Kosher salt – 1 tsp

Directions

1. Mise en Place – Scale the recipe accordingly, gather, measure and prep all of the ingredients listed.
2. In a stainless steel prep bowl – Add and combine all ingredients – using a spatula or whisk – mix until smooth and creamy.
3. Taste and adjust seasoning as needed – record your changes – consider other adjustments before adding salt. Lemon, Lime or Vinegar, Spices and Herbs can boost flavor without affecting the sodium content.
4. Refrigerate the sauce, consider pouring it in thin layer in a hotel pan, for at least 4 hours before serving to allow the dressing to thicken and the flavors to develop.

Notes, Tricks & Tips

- It's best practice to begin with cold ingredients, work quickly, and return food to refrigeration within two hours of starting preparation. When prepping any foods, monitor the temperature carefully.
- As a reminder product must cool from 135°F to 70°F within 2 hours, and from 70°F to 41°F or below within a total of 6 hours.
- Always label and date the product. Ready-to-eat foods held under refrigeration must be used within 7 days, with the day of preparation counting as Day 1.



Serving Size & Crediting

Makes 1 quart
32 – 1 oz servings

No Credit

Super Sauce

Ingredients

- Mayo – 1 ½ Cups / 12 oz
- Yogurt or Sour Cream – 1 ½ Cups / 12 oz
- Relish or Dill Pickles, Finely Chopped – 1/2 Cup / 2.5 oz
- Ketchup – 4 Tbsp / 2 oz
- Yellow Mustard – 2 Tbsp / 1 oz
- Lemon Juice – 2 Tbsp / 1 oz
- Apple Cider Vinegar – 2 Tbsp / 1 oz
- Agave – 1 Tbsp / 0.5 oz
- Paprika – 1 Tbsp
- White Pepper – 1 tsp
- Garlic Powder – ½ tsp
- Onion Powder – ½ tsp
- Cayenne – ¼ tsp

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