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Milk 1% Bulk 8 flz (1% Milk)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	8 fl. oz	Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Milk, 1% Bulk	2 1/2 Qt	1 Gal 9 Cup	3 Gal 2 Cup	6 Gal 4 Cup	Pour milk cups.
3						CCP -- Maintain <40F/4C; discard unused product. (FDA)

Garnish Lettuce Shredded (Shredded Lettuce Garnish)

7 RG7

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	1/4 Cup	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
5 kcal	2 g	0 g	0 g	10 mg	5 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Lettuce, Iceberg	14.5 Oz	2 lb 4 Oz	4 lb 8 Oz	9 lb	Shredded	Shred lettuce.
3							Portion according to serving size.
4							CCP -- Maintain <40F/4C; discard unused product. (FDA)

Regular (RG7): NOTE: This Recipe should be appropriate for those on a Level 7 Regular Texture only. To determine if this Recipe is appropriate for an IDDSI level, this Recipe must be tested and pass the appropriate IDDSI Level test at point of service. Actual IDDSI level may vary depending on type and quantity of ingredients used, preparation method, equipment used, temperature and length of holding time. See IDDSI Framework for detailed instructions on IDDSI testing methods.

Pico de Gallo f/Fresh (Pico de Gallo)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
Make	**#12 scoop**	**1 #12 sc.**	**Contains: Onion; Garlic; Tomato**

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
10 kcal	3 g	1 g	0 g	10 mg	15 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Tomato, Fresh	14.5 Oz	2 lb 4 Oz	4 lb 8 Oz	9 lb	Diced	WASH ALL PRODUCE under cool, running water. Drain well.
	Onion, Red/Burmuda	3 Oz	8 Oz	1 lb	2 lb	Chopped Fine	
	Cilantro, Raw	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	Chopped Fine	
	Peppers, Jalapeno Cnd	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	Chopped Fine	
	Garlic, Whole Fresh	1/2 tsp	1 1/4 tsp	2 1/2 tsp	1 Tbsp 2 tsp	Minced	
	Garlic, Powder	1/4 tsp	3/4 tsp	1 1/4 tsp	2 1/2 tsp		
	Cumin, Ground	1/4 tsp	3/4 tsp	1 1/4 tsp	2 1/2 tsp		

Pico de Gallo f/Fresh (Pico de Gallo)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3							Combine all Ingredients.
4							CCP -- Maintain <40F/4C; discard unused product. (FDA)

Oranges Mandarin JcPk w/Whip Topping (Oranges In Whipped Topping)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
Mix & Chill	**4z Spoodle**	**1/2 Cup**	**Contains: Citrus; Corn**

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	14 g	1 g	1 g	20 mg	10 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Orange, Mandarin JcPk	1 1/4 Qt	3 1/4 Qt	1 Gal 10 Cup	3 Gal 4 Cup	Drained	Gently fold whipped topping with oranges.
	Topping, Whip Non-Dairy Bag	2/3 Cup	1 2/3 Cup	3 1/4 Cup	1 3/4 Qt		
3							CCP -- Maintain <40F/4C; discard unused product. (FDA)

Enchiladas Bean Black (Black Bean Enchiladas)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE
140 Min	375.0 °F	63 °C	Simmer	2 each

ALLERGIES
Contains: Tomato; Corn; Onion; Beans/Legumes; AllergenMilk; Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
390 kcal	48 g	16 g	17 g	350 mg	670 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Beans, Black Dry	8 Oz	1 lb 4 Oz	2 lb 8 Oz	5 lb		Soak beans in water overnight. Drain, and move on to next step.
3	Water, Tap	1 1/2 Qt	1 Gal	2 Gal	4 Gal		Heat oil in saucepan and saute onion and garlic until tender. Add beans and fresh water and bring to a boil. Simmer for about 2 hrs until beans are soft and liquid is thick.
	Oil, Vegetable	3 Tbsp 2 tsp	1/2 Cup	1 1/8 Cup	2 1/4 Cup		
	Onion, Yellow	6.5 Oz	1 lb	2 lb	4 lb	Chopped	
	Garlic, Whole Fresh	2 Tbsp	1/3 Cup	2/3 Cup	1 1/4 Cup	Minced	
4	Salt, Iodized	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		Add coriander and salt after first hour and more garlic to taste.

Enchiladas Bean Black (Black Bean Enchiladas)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Cilantro, Dried	3 Tbsp 2 tsp	1/2 Cup	1 1/8 Cup	2 1/4 Cup		
5	Cumin, Ground	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		Pour off liquid from beans. Puree half of beans along with cumin and chili powder. Return pureed beans to pot and blend with remaining whole beans. Keep on low heat. Stir to prevent sticking.
	Chili Powder, Mild	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
6	Tortilla Corn 6 in	20 each	50 each	100 each	200 each		Heat oil in fry pan and fry tortillas quickly on each side until soft. Prepare sauce. Dip each tortilla in sauce.
	Sauce Tomato	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt		
7	Cheese, Cheddar Shredded	10 Oz	1 lb 9 Oz	3 lb 2 Oz	6 lb 4 Oz	Grated	Assemble Enchiladas: Spread 1/3 cup bean mixture over each tortilla. Layer cheese and thin layer of onion. Roll up and place seam side down in steam table pan that has been oiled on bottom. When pan is filled, pour remaining sauce evenly over. Sprinkle with remaining cheese and onion. Bake just until cheese bubbles and is lightly browned, approximately 15-20 minutes.
	Onion, Yellow	6.5 Oz	1 lb	2 lb	4 lb	Chopped Fine	
8							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
9							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

Enchiladas Bean Black (Black Bean Enchiladas)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
10							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
11							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
12							Discard unused product.

Sauce Tomato (Tomato Sauce)

COOK METHOD	SERVING SIZE	ALLERGIES
Simmer	2 fl. oz	❗ Contains: Onion; Garlic; Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
15 kcal	4 g	1 g	0 g	20 mg	270 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Tomato, Sauce Cnd	1 lb 4 Oz	3 lb 2 Oz	6 lb 4 Oz	12 lb 8 Oz		Combine all ingredients and heat.
	Onion, Yellow	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup	Minced	
	Garlic, Powder	3/4 tsp	2.0 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp		
	Basil, Dried Leaves	1/2 tsp	1 1/4 tsp	2 1/2 tsp	1 Tbsp 2 tsp		
	Oregano, Dry	3/4 tsp	2.0 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp		
3							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

Sauce Tomato (Tomato Sauce)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
5							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Corn Southwest f/Frz (Southwest Corn)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE
8 Min	63 °C	Steam	4z Spoodle	1/2 Cup

ALLERGIES
Contains: Corn; Peppers Bell; AllergenMilk; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	19 g	3 g	2.5 g	0 mg	30 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Corn, Whole Kernel Frz	2 lb	5 lb	10 lb	20 lb		Steam vegetables until tender. Add margarine and seasonings.
	Peppers Red Roasted f/Fresh	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup	Minced	
	Peppers, Green Fresh	2.5 Oz	6.5 Oz	13 Oz	1 lb 10 Oz	Minced	
	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
	Chili Powder, Mild	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
	Cumin, Ground	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp		

Corn Southwest f/Frz (Southwest Corn)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
4							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
7							Discard unused product.

Peppers Red Roasted f/Fresh (Roasted Red Peppers)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
25 Min	500.0 °F	57 °C	Roast	1/2 Cup	Contains: Peppers Bell

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	12 g	2 g	1.5 g	20 mg	105 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Peppers, Red Fresh	10 each	25 each	50 each	100 each	Place the whole peppers on a sheet pan and place in the oven heated to 500F/260C until the skins are completely wrinkled and the peppers are charred, turning them twice during roasting. Remove from oven until cool enough to slice. Remove the stem from each pepper and cut them in quarters. Slice pepper lengthwise into 1/8" thick strips discarding any remaining stems, seeds, and ribs.
3	Oil, Olive	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	Pour the oil and salt over the sliced peppers. *If preparing ahead, cover and refrigerate and maintain at <40F/4C.
	Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	
4						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

Peppers Red Roasted f/Fresh (Roasted Red Peppers)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
6						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
7						Discard unused product.