

# TABLE OF CONTENTS

---

Beans Red & Rice No Meat (Red Beans & Rice) ..... 2

Beans Kidney f/Dry (Kidney Beans) ..... 5

Chicken Mole f/Thigh (Pollo Mole) ..... 7

Kiwi f/Fresh (Fresh Sliced Kiwi) ..... 9

Margarine Pat (Margarine) ..... 10

Milk 2% PC 8 flz (2% Milk) ..... 11

Tomato Onion Salad f/Fresh (Tomato & Onion Salad) ..... 12

# Beans Red & Rice No Meat (Red Beans & Rice)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
55 Min	63 °C	Simmer	1 Cup	<b>Contains: Beans/Legumes; Tomato; Peppers Bell; Onion; Celery; Rice; AllergenSulphites; Garlic</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	24 g	4 g	0.5 g	70 mg	270 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP	
	10	25	50	100			
<b>1</b>						WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.	
<b>2</b>	Oil, Vegetable	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	Sauté onion, celery, bell pepper & garlic in oil for about 4-6 minutes.	
	Onion, Yellow	3 Oz	8 Oz	1 lb	2 lb		Chopped
	Celery, Whole Fresh	7 Oz	1 lb 1 Oz	2 lb 2 Oz	4 lb 4 Oz		Chopped
	Peppers, Green Fresh	2.5 Oz	6 Oz	12.5 Oz	1 lb 9 Oz		Chopped
	Garlic, Whole Fresh	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	Minced	
<b>3</b>	Tomato, Diced Cnd	1 3/4 Cup	1 1/8 Qt	2 1/4 Qt	1 Gal 2 Cup	Add tomatoes, beans, & seasonings. Bring to a boil. Decrease heat, cover & simmer 20-30 minutes.	
	Beans Kidney f/Dry	3 lb 5 Oz	8 lb 5 Oz	16 lb 10 Oz	33 lb 3 Oz		Prepared

# Beans Red & Rice No Meat (Red Beans & Rice)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
Pepper, Cayenne	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
Sauce, Hot	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
Thyme, Ground	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
Oregano, Dry	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
Pepper, Black Ground	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
Paprika	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
<b>4</b> Rice, White Parboiled	6.5 Oz	1 lb	2 lb	4 lb		Add rice to boiling water, reduce heat, cover & simmer for 15-20 minutes until water is absorbed.
Water, Tap	1 1/3 Cup	3 1/4 Cup	1 3/4 Qt	3 1/4 Qt	Boiled	
<b>5</b>						Serve 3/4 cup beans topped with 1/4 cup rice.
<b>6</b>						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.

# Beans Red & Rice No Meat (Red Beans & Rice)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
9						Discard unused product.

# Beans Kidney f/Dry (Kidney Beans)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
120 Min	57 °C	Boil	1/2 Cup	<b>ⓘ Contains: Beans/Legumes</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	7 g	2 g	0 g	30 mg	190 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	13	32	64	128	
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Beans, Kidney Dry	1 lb 1 Oz	2 lb 11 Oz	5 lb 6 Oz	10 lb 11 Oz	Sort through dried beans to remove any debris. Rinse thoroughly.
<b>3</b> Water, Tap	2 1/2 Qt	1 Gal 9 Cup	3 Gal 3 Cup	6 Gal 6 Cup	Place beans in a large pot or steam-jacketed kettle and cover with water.
<b>4</b>					Bring water to a boil and skim any foam off the top. Reduce heat to a slow simmer and occasionally stir gently.
<b>5</b> Salt, Iodized	3/4 tsp	2.0 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	Cook for approximately 2 hours or until beans are just slightly tender. Add salt and continue cooking until desired consistency is reached. Drain well.
<b>6</b>					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.

# Beans Kidney f/Dry (Kidney Beans)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
		13	32	64	128	
7						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
9						Discard unused product.
10						Note: Soaking beans in water overnight can reduce cooking time, if desired.

# Chicken Mole f/Thigh (Pollo Mole)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
55 Min	325.0 °F	74 °C	Bake	3 Oz	<b>ⓘ Contains: Chicken; AllergenPeanut; Garlic; Onion; Corn; AllergenSesame; AllergenWheat</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
360 kcal	18 g	18 g	24 g	40 mg	450 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Chicken, Thigh Bnls Sknls Raw	2 lb 11 Oz	6 lb 12 Oz	13 lb 9 Oz	27 lb 2 Oz	Thawed	Heat oil and brown chicken until golden. Transfer to baking pans. Bake at 325F/163C for for 30-45 min uncovered to internal temp.
Oil, Vegetable	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
<b>3</b> Base, Chicken Paste G-F LS	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		Combine remaining ingredients for sauce. Cook until slightly thickened and internal temp.
Water, Tap	1/3 Cup	1 Cup	2 Cup	1 Qt		
Sugar, Brown Light	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
Base, Mole Red Paste	1 Cup	2 1/2 Cup	1 1/4 Qt	2 1/2 Qt		

# Chicken Mole f/Thigh (Pollo Mole)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
Peanut Butter, Smooth	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
4						Pour sauce over chicken bake for 10 min more. Serve chicken pieces to yield 3 oz of meat with 2 oz of sauce.
5						For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.
6						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.
7						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
9						Discard unused product.

# Kiwi f/Fresh (Fresh Sliced Kiwi)

SERVING SIZE	ALLERGIES
1/2 Cup	None

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

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP	
	10	25	50	100			
<b>1</b>						WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.	
<b>2</b>	Kiwi, Whole Fresh	12.5 each	31.25 each	62.5 each	125 each	Peeled & Sliced	Peel and slice fruit in serving dishes
<b>3</b>							CCP -- Maintain <40F/4C (FDA)

# Margarine Pat (Margarine)

SERVING SIZE	ALLERGIES
1 each	<b>ⓘ Contains: AllergenMilk; AllergenSoy</b>

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

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					CCP -- Maintain <40F/4C (FDA)
4					Discard unused product.

# Milk 2% PC 8 flz (2% Milk)

SERVING SIZE	ALLERGIES
8 fl. oz	<b>ⓘ Contains: AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	12 g	8 g	5 g	290 mg	115 mg

INGREDIENTS	SERVINGS				PREPARATION STEP
	10	25	50	100	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					CCP -- Maintain <40F/4C (FDA)
4					Discard unused product.

# Tomato Onion Salad f/Fresh (Tomato & Onion Salad)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	1/2 Cup	<b>ⓘ Contains: Tomato; Onion; Allergen Sulphites</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	5 g	1 g	5 g	10 mg	105 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP	
	10	25	50	100			
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
<b>2</b>	Vinegar, White	3 Tbsp 2 tsp	1/2 Cup	1 1/8 Cup	2 1/4 Cup	Mix vinegar, oil and spices until thoroughly blended.	
	Oil, Vegetable	3 Tbsp 2 tsp	1/2 Cup	1 1/8 Cup	2 1/4 Cup		
	Salt, Iodized	1/2 tsp	1 1/8 tsp	2 1/8 tsp	1 Tbsp 1 tsp		
	Dill, Weed Dried	1/2 tsp	1 1/8 tsp	2 1/8 tsp	1 Tbsp 1 tsp		
	Sugar, Granulated Bulk	1 Tbsp 1 tsp	3 Tbsp	1/3 Cup	3/4 Cup		
<b>3</b>	Tomato, Fresh	1 lb 10 Oz	4 lb	8 lb	16 lb	Diced	Add remaining ingredients to above and toss until well blended.

## Tomato Onion Salad f/Fresh (Tomato & Onion Salad)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
Onion, Yellow	4 Oz	9.5 Oz	1 lb 3 Oz	2 lb 6 Oz	Diced	
<b>4</b>						CCP -- Maintain <40F/4C (FDA)