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

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE
55 Min	63 °C	Simmer	1 Cup

ALLERGIES
Contains: Beans/Legumes; Tomato; Peppers Bell; Onion; Celery; Rice; AllergenSulphites; Garlic

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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.
2	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	
3	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	

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

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	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		
4	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	
5							Serve 3/4 cup beans topped with 1/4 cup rice.
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.

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

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

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Beans Kidney f/Dry (Kidney Beans)

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

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

	INGREDIENTS	SERVINGS 13	SERVINGS 32	SERVINGS 64	SERVINGS 128	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	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.
3	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.
4						Bring water to a boil and skim any foam off the top. Reduce heat to a slow simmer and occasionally stir gently.
5	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.
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.

Beans Kidney f/Dry (Kidney Beans)

	INGREDIENTS	SERVINGS 13	SERVINGS 32	SERVINGS 64	SERVINGS 128	PREPARATION STEP
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.

Breadstick Cheese WhlG (Cheese Breadstick Whole Grain)

SERVING SIZE	ALLERGIES
1 breadstick	**Contains: AllergenMilk; AllergenWheat**

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	17 g	10 g	5 g	0 mg	220 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						Prepare product as per package instructions.
3						Portion according to serving size.

Greens Collard f/Frz (Collard Greens)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE
60 Min	63 °C	Boil	1/2 Cup

ALLERGIES
Contains: Garlic; Carrots; AllergenMilk; Onion; Corn; AllergenSoy; Celery; Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	7 g	3 g	2 g	210 mg	75 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Water, Tap	1 1/4 Qt	3 1/4 Qt	1 Gal 11 Cup	3 Gal 5 Cup	Bring water to a boil in a large pot.
3	Greens, Collard Chopped Frz	2 lb 3 Oz	5 lb 7 Oz	10 lb 13 Oz	21 lb 11 Oz	Add collard greens, sugar, pepper, base and margarine. SImmer uncovered for 50-60 min or until greens are very tender. Drain remaining liquid.
	Sugar, Granulated Bulk	1/2 tsp	1 1/4 tsp	2 3/4 tsp	1 Tbsp 2 tsp	
	Pepper, Black Ground	1/8 tsp	1/4 tsp	1/2 tsp	3/4 tsp	
	Base, Vegetable Paste G-F LS	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	
	Margarine, Solids Salted	2 Tbsp	1/3 Cup	2/3 Cup	1 1/3 Cup	

Greens Collard f/Frz (Collard Greens)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
4						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
5						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.
6						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
8						Discard unused product.

Margarine Pat (Margarine)

SERVING SIZE	ALLERGIES
1 each	**Contains: AllergenMilk; AllergenSoy**

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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
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	**Contains: AllergenMilk**

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

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
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.

Steak Sirloin Strip (Sirloin Steak)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
10 Min	300.0 °F	63 °C	Broil	3 Oz	Contains: Beef

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	0 g	14 g	9 g	20 mg	35 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Beef, Steak Sirloin Raw	1 lb 14 Oz	4 lb 11 Oz	9 lb 6 Oz	18 lb 12 Oz	Cook meat at a moderate temp. Care should be taken not to puncture meat by using long-handled tongs or spatula. Place meat 2-3 inch from heat and grill 10 min for rare, 13 min for medium. Heat to internal temp.
3						For Fresh Beef, Veal, and Lamb Cuts (Steaks, Roasts, Chops): Cook to internal temp of 145F/63C 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 140F/60C 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.

Steak Sirloin Strip (Sirloin Steak)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
7						Discard unused product.

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