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# Milk 1% Bulk 8 flz (1% Milk)

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

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

# Tortilla Flour 6 in (Flour Tortilla)

SERVING SIZE	ALLERGIES
1 each	ⓘ <b>Contains: AllergenWheat</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	15 g	3 g	2.5 g	50 mg	210 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					Discard unused product.

# Chili Verde (Chili Verde)



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
60 Min	250.0 °F	74 °C	Simmer	3/4 Cup	<b>Contains: Onion; Garlic; Chicken; Corn; Pork &amp; Products</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	3 g	20 g	6 g	20 mg	320 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.
Pork, Diced Raw	2 lb 7 Oz	6 lb 2 Oz	12 lb 4 Oz	24 lb 8 Oz		Season pork with salt and pepper. Heat oil in a large pot and brown pork.
Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
<b>2</b> Pepper, Black Ground	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
Oil, Vegetable	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
<b>3</b> Onion, Yellow	3.5 Oz	9 Oz	1 lb 2 Oz	2 lb 3 Oz	Diced	Add onions, garlic, and oregano and cook until softened.
Garlic, Whole Fresh	1 3/4 tsp	1 Tbsp 2 tsp	3 Tbsp	1/3 Cup	Minced	

# Chili Verde (Chili Verde)



RG7

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
	Oregano, Dry	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
4	Sauce, Salsa Verde	2/3 Cup	1 3/4 Cup	3 1/2 Cup	1 3/4 Qt	Prepared	Add salsa verde and broth and simmer for approximately 45 minutes, until pork is cooked through.
	Soup Broth Chicken f/Base	2 1/2 Cup	1 1/2 Qt	3 1/8 Qt	1 Gal 9 Cup		
5							Casseroles & Precooked Foods: 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.

# Chili Verde (Chili Verde)



RG7

**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.

# Soup Broth Chicken f/Base (Chicken Broth)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
0.0 °F	Boil	6 fl. oz	<b>ⓘ Contains: Chicken; Onion; Corn; Garlic</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
15 kcal	2 g	1 g	0 g	10 mg	120 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP	
	10	25	50	100		
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
<b>2</b>	Base, Chicken Paste LS G-F	2 Tbsp	1/3 Cup	2/3 Cup	1 1/3 Cup	Heat Water and add Base, stirring until well dissolved, heated to *internal temp of 145F/62C held for 15 sec.
	Water, Tap	1 3/4 Qt	1 Gal 2 Cup	2 Gal 4 Cup	4 Gal 8 Cup	
<b>3</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.
<b>4</b>						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>5</b>						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Melon Honeydew Cubes f/Fresh (Fresh Honeydew Cubes)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	1 Cup	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	16 g	1 g	0 g	20 mg	35 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> Melon, Honeydew Fresh	3 lb 12 Oz	9 lb 6 Oz	18 lb 13 Oz	37 lb 10 Oz	Cubed	Remove peel. Remove seeds in center. Rinse. Cut into 1/2" cubes.
<b>3</b>						CCP -- Maintain <40F/4C; discard unused product. (FDA)

# Rice Cilantro No Base (Cilantro Rice)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
35 Min	350.0 °F	63 °C	Bake	1/2 Cup	<b>Contains: Rice</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	23 g	3 g	2.5 g	30 mg	150 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>	Rice, White Parboiled	9.5 Oz	1 lb 8 Oz	3 lb	6 lb	Place rice, oil and salt in shallow baking pan. Add boiling water amount per manufacturer's instruction. Stir. Cover pan with heavy duty foil. Bake for 30-35 min. until liquid is absorbed. Fluff with fork.	
	Oil, Vegetable	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
	Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
	Water, Tap	2 1/3 Cup	1 1/2 Qt	3 Qt	1 Gal 8 Cup	Boiled	
<b>3</b>	Cilantro, Raw	1/3 Cup	1 Cup	2 Cup	1 Qt	Minced	Stir in cilantro.
<b>4</b>							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.

# Rice Cilantro No Base (Cilantro Rice)

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

# Corn & Bean Black Salad f/Frz (Corn & Black Bean Salad)

COOK TIME	COOK METHOD	SERVING SIZE	ALLERGIES
10 Min	Mix & Chill	1/2 Cup	<b>ⓘ Contains: Beans/Legumes; Tomato; Corn; Garlic; Allergen Sulphites; Citrus; Onion</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	21 g	5 g	3 g	40 mg	135 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>						WASH ALL PRODUCE under cool, running water. Drain well.
<b>3</b>						Combine lime juice, vinegar, oil, sugar and seasoning for the dressing; whisk to mix thoroughly.
Sugar, Granulated Bulk	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup		
Vinegar, White	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup		
Oil, Vegetable	1 Tbsp 3 tsp	1/3 Cup	2/3 Cup	1 1/4 Cup		
Juice, Lime Bulk	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
Cumin, Ground	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		

## Corn & Bean Black Salad f/Frz (Corn & Black Bean Salad)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
	Salt, Iodized	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
	Pepper, Black Ground	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
4	Corn, Whole Kernel Frz	9.5 Oz	1 lb 8 Oz	3 lb	6 lb	Thawed	In a separate bowl, combine remaining ingredients. Pour dressing over vegetable mixture and stir or toss to coat the corn mixture evenly with the dressing. Cover and refrigerate for at least 1 hour.
	Beans Black f/Dry	2 1/8 Cup	1 1/4 Qt	2 1/2 Qt	1 Gal 5 Cup	Prepared	
	Tomato, Fresh	6 Oz	14.5 Oz	1 lb 13 Oz	3 lb 10 Oz	Diced	
	Onion, Red/Burmuda	7 Oz	1 lb 2 Oz	2 lb 3 Oz	4 lb 6 Oz	Chopped Fine	
	Garlic, Whole Fresh	1 3/4 tsp	1 Tbsp 2 tsp	3 Tbsp	1/3 Cup	Minced	
	Cilantro, Raw	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup	Minced	
5							Stir salad before serving.
6							CCP -- Maintain <40F/4C; discard unused product. (FDA)

# Beans Black f/Dry (Black Beans)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
120 Min	0.0 °F	63 °C	Boil	1/2 Cup	<b>ⓘ Contains: Beans/Legumes</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	24 g	9 g	0.5 g	75 mg	150 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Beans, Black Dry	13.5 Oz	2 lb 2 Oz	4 lb 3 Oz	8 lb 6 Oz	Sort through dried beans to remove any debris. Rinse thoroughly.
Water, Tap	2 Qt	1 Gal 4 Cup	2 Gal 8 Cup	5 Gal	
<b>3</b>					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	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	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>					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.

# Beans Black f/Dry (Black Beans)

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