



Chicken and Bean Torta Main Dish

Source: School Nutrition Plus, Inc.

Portion Size 1 Portion Size

Ingredients

6" Hoagie Roll
 SNP Beans (recipe to follow)
 Fresh Cheese, queso fresco
 Cilantro, minced
 Cooked Seasoned Chicken (recipe to follow)

100 Servings

Measure
100 each
48 servings
6 lbs + 4 oz
1 lb + 1 oz
100 servings (1 oz)

Directions

Wash your hands before you begin. Place gloves on hands after washing hands.

Slice the hoagie in half.

Follow the SNP beans recipe. (next page)

Follow the seasoned chicken recipe. (next page)

Spread one serving of the beans evenly in between the hoagies. Top the beans with one serving of the diced cooked chicken. Sprinkle on the cheese and the minced cilantro. Top with the other half of bread and cut in half crosswise.

Hold for hot service at 135°F or higher

Components

Meat/Meat ALT 3 oz eq **Grain** 2 oz eq

Allergens

Soy, wheat

Nutrients Per Serving

Calories 679.737 kcal	Cholesterol 94.413 mg	Protein 36.860 g	Vitamin A 461.732 IU
Total Fat 31.570 g	Carbohydrate 58.162 g	Sodium 831.541 mg	Vitamin C 3.777 mg
Saturated Fat 7.791 g	Dietary Fiber 5.668 g	Iron 2.851 mg	Water 27.149 g
Trans Fat 0.236 g	Sugars 7.083 g	Calcium 249.272 mg	Ash N/A

BEANS: Simply Delicious, Naturally Nutritious
 Find more delicious bean recipes at BeanInstitute.com



Cooked Seasoned Chicken

Source: School Nutrition Plus, Inc.

Portion Size 2 ounces

Ingredients

Southwestern Dry Rub
Oil, canola
Lime Juice, raw
Chicken, diced & piece breast meat, raw, frozen

100 Portions

Measure

5.8 oz
1 lb
6 oz
18 lbs + 10 oz

Southwestern Dry Rub

Portion Size 5.8 oz

Ingredients

Brown Sugar
Paprika
Granulated Garlic
Powder/Dry Mustard
Black Pepper
Onion Powder
Table Salt
Red pepper or Cayenne

Measure

3 ³/₈ oz
2 tbsp
⁷/₈ oz
2 tbsp
1 tsp, ground
1 tbsp
¹/₂ tbsp
1 tsp

Directions

Mix all Dry Rub ingredients together.

Combine the dry rub, oil, and lime juice in a large bowl. Toss the chicken in marinade. Cover with plastic wrap and place in the refrigerator for at least 2 hours.

Preheat oven to 350°F. Heat a large nonstick skillet on a stovetop burner over medium high heat; cook each chicken 2 minutes on each side.

Place the seared chicken breasts on a lined sheet pan and bake them in an oven for 15-20 minutes making sure the internal temperature reaches 165°F.

Once the temperature reaches 165°F, pull the chicken from the oven, tent the trays with foil and let it rest for 10 minutes.

Dice the chicken.

Hold at 135° F or higher.

Components

Meat/Meat ALT 2 oz

Nutrients Per Serving

Calories 219.495 kcal
Total Fat 10.737 g
Saturated Fat 2.330 g
Cholesterol 74.442 mg

Carbohydrate 3.854 g
Dietary Fiber 0.352 g
Sugars 2.667 g
Protein 24.178 g

Sodium 170.088 mg
Iron 0.198 mg
Calcium 8.214 mg
Vitamin A 209.747 IU

Vitamin C 0.729 mg
Water 1.729 g
Ash N/A

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SNP Beans Side Dish

Portion Size ½ cup

Source: School Nutrition Plus, Inc.

Ingredients

Serrano Peppers, raw
 Oil, canola
 Yellow Onions, raw
 Garlic, raw, peeled
 Garbanzo Beans (Chickpeas), canned, low sodium
 Pinto Beans, fancy, canned
 Chicken Broth, low-sodium

100 Portions

Measure
12 oz
2 qt + 2 cup
4 lbs + 8 oz (chopped)
8 oz (minced)
15 lb
16 lbs + 12 oz
11 lbs + 4 oz

Directions

Wash your hands before you begin. Place gloves on hands after washing hands.

Roast the whole serrano peppers over medium flame for two minutes or until blackened. Allow to cool. Cut the chiles in half, remove and discard the stems and seeds. Chop the peppers. Set aside.

On a stovetop burner over medium flame, place a large stock pot and allow it to get hot. Once hot add the oil, chopped onion, minced garlic and chopped peppers. Sauté for 15 minutes, until onions are translucent.

Add the undrained pinto beans and garbanzo beans.

Stir in broth; bring to a boil and boil for 15 minutes.

Reduce to a simmer and cook uncovered for 35 minutes. Remove the pot from the heat and mash beans until slightly lumpy.

Return to medium heat and cook for 10 minutes or until slightly thickened. Stir frequently.

Hold for hot service at 135° F or higher.

Components

Meat/Meat ALT 2 oz eq

Nutrients Per Serving

Calories 365.577 kcal	Carbohydrate 30.132 g	Sodium 309.476 mg	Vitamin C 6.351 mg
Total Fat 23.084 g	Dietary Fiber 5.866 g	Iron 1.660 mg	Water 22.588 g
Saturated Fat 1.651 g	Sugars 1.580 g	Calcium 42.411 mg	Ash N/A
Cholesterol 0.853 mg	Protein 7.403 g	Vitamin A 48.934 IU	

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