

Southwestern Bean Salad Main Dish

Source: School Nutrition Plus, Inc.

Portion Size 1 Portion Each

Ingredients

Black Beans, fancy, canned
 Pinto Beans, fancy, canned
 Whole Kernel Corn, golden fancy, canned
 Red Onions, raw
 Red Ripe Tomatoes, raw
 Salad, 4 Way
 Buttermilk Creamy Ranch Dressing
 Monterey Jack / Cheddar Cheese Blend, shredded
 Artisan Dinner Roll, 2oz

100 Portions

Measure
16 lbs + 13 oz
16 lbs + 13 oz
27 lbs
6 lbs
8 lbs
30 lbs
6 lbs + 4 oz
8 lbs + 10 oz
100 Each

Directions

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

Drain and rinse the black, pinto beans and the corn. Place the beans in a large bowl and mix them well. Place the corn in a separate bowl and set them aside.

Wash and rinse tomatoes and onions. Chop onions and tomatoes and add to corn and 4 Way Salad in a large bowl. Mix them well and set them aside.

Serve 2.5 cups of the salad mix, ¼ cup of the bean mixture, 1 oz of the dressing and 1 oz of the cheese, serve with a 2 oz dinner roll.

Hold for cold service at 41° F or lower.

Refrigerate until served.



Components

Meat/Meat ALT 2 oz eq **Grain** 2.25 oz eq **Vegetable** 2.5 cup

Allergens

Milk, egg, wheat

Nutrients Per Serving

Calories 676.227 kcal	Carbohydrate 83.195 g	Sodium 1460.892 mg	Vitamin C 28.895 mg
Total Fat 25.374 g	Dietary Fiber 15.619 g	Iron 7.967 mg	Water 58.551 g
Saturated Fat 8.910 g	Sugars 12.292 g	Calcium 478.165 mg	Ash N/A
Cholesterol 44.441 mg	Protein 27.303 g	Vitamin A 4805.043 IU	

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

