

Vegetarian Black Bean Stew Main Dish

Source: School Nutrition Plus, Inc.

Portion Size 1 Portion Each

Ingredients

| | 100 Portions |
|--|-----------------------------|
| Oil, canola | 2 ¾ cup + ½ tbsp |
| Yellow Onions, raw | 1 ¼ gal + 2 ¼ cup (chopped) |
| Sweet Red Peppers, raw | 1 qt + 1 ½ cup (chopped) |
| Sweet Green Peppers, raw | 1 qt + 1 ½ cup (chopped) |
| Carrots, raw | 1 qt + 1 ½ cup (chopped) |
| Celery, raw | 1 qt + 1 ½ cup (chopped) |
| Garlic, raw, peeled | 1 ½ cup + ½ tbsp (minced) |
| Ground Cumin | ½ cup + 2 tbsp |
| Fresh Ginger | 22 ¼ (1 tbsp) |
| Red Pepper Crushed Spice | 4 ¾ oz |
| White, bleached, all purpose flour, enriched | 1 qt + 1 ½ cup |
| Vegetable Soup Stock without MSG | 2 ¾ gal + ½ cup |
| Black Beans, fancy, canned | 5 ½ (1 #10 can) |
| Lowfat Milk, 1% milkfat, vitamin A & D | 44 ½ (½ cup) |
| Lime Juice, canned or bottled, unsweetened | 2 cup + 1 tbsp |
| Table Salt | 3 tbsp + 2 ⅛ tsp |
| Black Pepper | 2 ¾ tsp (ground) |

Directions

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

Wash, rinse and chop all vegetables and set aside. Mince the garlic and the ginger and set aside in a separate container.

Over a stove top over medium flame, place a large pot and allow the pan to get hot then add in the oil.

Add the chopped onions, bell peppers, carrots and celery and saute until the vegetables are soft and onions are translucent, 10 -15 minutes.

Add the garlic, ginger, cumin, and crushed red pepper and saute for another minute.

Drain and rinse the black beans and set aside.

Next, add the flour and toss until the vegetables are coated. Slowly add vegetable stock while stirring, then add the beans.

Turn the heat to medium-high and bring to a boil. Once boiling, turn the heat down to medium low and simmer for 30 minutes.

Stir in cold milk and simmer for another 10 minutes. Remove from the heat and stir in the lime juice, salt and pepper. Serve hot.

Hold at 135° F or higher.



Components

Meat/Meat ALT 2 oz eq

Allergens

Milk

Nutrients Per Serving

Calories 356.400 kcal
Total Fat 7.694 g
Saturated Fat 1.184 g
Trans Fat 0.025 g

Cholesterol 6.667 mg
Carbohydrate 45.716 g
Dietary Fiber 8.741 g
Sugars 10.647 g

Protein 15.090 g
Sodium 908.466 mg
Iron 11.495 mg
Calcium 432.231 mg

Vitamin A 2913.840 IU
Vitamin C 26.836 mg
Water 165.218 g
Ash N/A

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

