

CHALUPA

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
380 cal	27 g	36 g	14 g	98 mg	543 mg	91 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BEANS,PINTO,DRY	8-1/2 lbs	1 gal 1 qts	
WATER,COLD	25-1/8 lbs	3 gal	
PORK CUBES,RAW	32 lbs		
WATER	41-3/4 lbs	5 gal	
ONIONS,FRESH,CHOPPED	1-3/4 lbs	1 qts 1 cup	2 lbs
GARLIC POWDER	1/2 oz	1 tbsp	
SALT	3-3/4 oz	1/4 cup 2-1/3 tbsp	
CHILI POWDER,DARK,GROUND	5-1/4 oz	1-1/4 cup	
CUMIN,GROUND	2-1/4 oz	1/2 cup 2-2/3 tbsp	
OREGANO,CRUSHED	3-3/4 oz	1-1/2 cup	
PEPPERS,JALAPENOS,CANNED,CHOPPED	2-2/3 oz	1/2 cup 1 tbsp	

Method

- 1 Pick over beans, removing discolored beans and foreign matter. Wash beans thoroughly.
- 2 Cover with water; bring to a boil; boil 2 minutes; turn off heat.
- 3 Cover; let soak 1 hour. Drain beans.
- 4 Combine pork, water, onions, garlic, salt, chili powder, cumin, oregano, and jalapeno peppers with beans in steam-jacketed kettle or stock pot; simmer 1-1/2 to 2 hours or until beans are tender. DO NOT COVER. Stir occasionally. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

Notes

- 1 Chalupas can be served with shredded lettuce, chopped onions, chopped tomatoes, sour cream.