

SOUTHWESTERN SWEET POTATOES, BLACK BEAN, CORN(CND)

Yield 100

Portion 1-1/4 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
351 cal	74 g	15 g	2 g	0 mg	243 mg	82 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
SWEET POTATOES,CANNED,W/SYRUP	28-1/8 lbs	3 gal 2 qts	
BEANS,BLACK,CANNED,DRAINED	26 lbs	2 gal 3-1/2 qts	
CORN,FROZEN,WHOLE KERNEL	13-3/4 lbs	2 gal 1-1/2 qts	
ONIONS,FRESH,CHOPPED	8-1/2 lbs	1 gal 2 qts	9-3/8 lbs
WATER	4-1/8 lbs	2 qts	
PEPPERS,JALAPENOS,CANNED,DRAINED,CHOPPED	8-3/8 oz	1-3/4 cup	
CUMIN,GROUND	4-1/4 oz	1-1/4 cup	
GARLIC POWDER	3-1/2 oz	3/4 cup	
SALT	1-1/4 oz	2 tbsp	
CILANTRO,DRY	1 oz	3/4 cup 2 tbsp	
PEPPER,BLACK,GROUND	2/3 oz	3 tbsp	
LIMES,FRESH	2-1/3 lbs	15-1/2 each	

Method

- 1 Cut potatoes into 3/4-inch pieces. Set aside for use in Step 4.
- 2 Combine beans, corn, onions, water, jalapeno peppers, cumin, garlic powder, salt, dry cilantro, and black pepper.
- 3 Place 4-1/4 quarts mixture in each pan.
- 4 Add 9-3/4 cups sweet potatoes to each pan. Gently fold potatoes into bean and corn mixture to evenly distribute ingredients.
- 5 Cover; using a convection oven bake at 350 F. for 1 hour or until thoroughly heated. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 6 CCP: Hold for service at 140 F. or higher.
- 7 Serve each portion with lime wedges.

Notes

- 1 In Step 2, 10 pounds dry black beans and 4 gallons water may be used per 100 portions. Follow Steps 1 through 5 of Recipe No. Q 003 00, Boston Baked Beans.
- 2 In Step 1, 25 pounds fresh sweet potatoes may be used per 100 portions. Cook 10 to 15 minutes or until tender.