

3 Sisters Stew						
Food Category:	Entree	Recipe Category:	Unassigned	Recipe Number:	Ing02	
Serving Size:	Cup	Serving Description:	1 Cup (8.75oz)			
Recipe Source:	TBD	Process Category:	Same Day			
Stock Number	Stock Description	Amount 1	Measure 1	+ / -	-1 Servings	Instructions
2592	SPICE CILANTRO BULK 40 LB	14 Pound		+	14 Ounce	
9538	SPICE CHILI POWDER 50 LB	2 Pound		+	5 2/3 Ounce	
9577	PEPPER GREEN LG 25 LB	4 Pound		+	9 1/2 Ounce	
2570	GARLIC WHOLE PEELLED 5 LB	24 3/4 Gram				
1311	OIL OLIVE CANOLA BLEND 10 L	3 1/2 Cup				
1011	SALT KOSHER	14 Tbsp				
1022	SPICE PARSLEY BULK 18OZ	2 Tbsp				
1046	SPICE CUMIN BULK 10 LB	7 Tbsp		+	1 tsp	
1049	SPICE OREGANO BULK 5 LB	7 Tbsp				
1017	SPICE CHILI POW 200Z	7 Tbsp				
2505	CORN FROZEN 12/2.5 LB	4 Pound		+	11 1/4 Ounce	
321456	DOMINICAN CHOCOLATE	1 3/4 Pound		+		
9045	TOMATOES DICED CORN 4/10	1/2 Pound		+	4 Ounce	
9063	BEANS PINTO CORN 10	6 Pound		+	2 Ounce	
8574	Stock, Chicken, Low Sodium	42 Cup				
Cooking Instructions		Cooking Time:		Hours:	0 Minutes:	0
Temperature:						
Pre-Preparation Instructions						
1. Mix all ingredients together. 2. Preheat oven to 375 degrees. 3. Place onions, bell pepper, and garlic in a large bowl. 4. Add oil, salt, and pepper. 5. Add remaining ingredients and saute for about an hour.						
Preparation Instructions						
1. Prep buttermilk squash. Spread on a sheet pan and roast in oven for about 30 min at 375 degrees. 2. In large pot over medium heat, heat oil. Add onion and garlic and saute for about 5 min. 3. Add bell pepper. 4. Add bell pepper and squash and stir to combine. 5. Add remaining ingredients and simmer for about an hour.						
Serving Instructions		Serving:				
Serving = 1 Cup or 8.75 oz						
Apple Cinn Sheet Pan Pancakes		Breakfast recipes		Recipe Category:	Unassigned	Recipe Number:
Food Category:	Breakfast recipes <th>Serving Description:</th> <td>1 Piece (2.85oz)<th></th><th></th><th>0U522</th></td>	Serving Description:	1 Piece (2.85oz) <th></th> <th></th> <th>0U522</th>			0U522
Serving Size:	Each	Process Category:	Same Day			
Recipe Source:	Boulder Valley School District	Amount 1	Measure 1	+ / -	-1 Servings	Instructions
2101	APPLES CINN 10 LB CT	5 Pound				
1204	FLOUR WHOLE WHEAT	6 Pound		+	6 1/2 Ounce	
1200	SUGAR GRAN CANE 25 LB	1 Pound		+	2 1/8 Ounce	
1011	SALT KOSHER	2 1/2 Tsp				
1206	BAKING POWDER 6/5 LB	10 Tsp				
1000	MILK WHOLE 1/2 PINT	6 Pound				
1201	VANILLA EXTRACT 32 OZ	10 Tsp				
1514	EGG LIQUID 152/1 LB	1 Pound				
1501	BUTTER SOLID UNSTD	1 Pound		+	3 1/3 Ounce	
1044	SPICE CINNAMON GRD	3 Tbsp		+	1 tsp	
Cooking Instructions		Cooking Time:		Hours:	0 Minutes:	0
Temperature:						
Pre-Preparation Instructions						
1. Preheat oven to 375 degrees F. 2. Core and dice apples. 3. Line half sheet pans with parchment paper.						
Preparation Instructions						
1. In a large bowl, mix all ingredients with a whisk, except for the cinnamon and apples. 2. Once all ingredients are well combined into a batter, add the cinnamon and apples and fold them into the batter using a spoon or rubber spatula. 3. Pour batter onto prepared sheet pans. 4. Bake at 375 degrees for about 15 min., until the pancakes are golden in color and puffed up. 5. Once slightly cooled, cut each half sheet pan 5x6 to create 20 pieces. Each piece should be approximately 2.85 oz.						
Serving Instructions		Serving:				
Serving = 1 Piece (2.85oz)						
Baked Beef and Sausage Penne		Entree		Recipe Category:	Entree	Recipe Number:
Food Category:	Entree	Serving Description:	3/4 Cup (8oz)			F5003
Serving Size:	Ounces	Process Category:	Complex			
Recipe Source:	Boulder Valley School District	Amount 1	Measure 1	+ / -	-1 Servings	Instructions
9045	TOMATOES DICED CORN 4/10	1 2/3 Pound (10)				
2514	TOMATO PASTE 6/56 OZ	6 1/2 Tbsp				
1311	OIL OLIVE CANOLA BLEND 10 L	1 Ounce		+	5 2/3 Gram	
2570	GARLIC WHOLE PEELLED 5 LB	1 Tbsp		+	1 3/4 tsp	
1022	SPICE PARSLEY FLAKE BULK 5 LB	2 1/2 Tsp				
1000	SPICE THYME WHL BULK 5 LB	1 Tbsp				
1011	SPICE CILANTRO LEAVES BULK 1 LB	1 Tbsp		+	1 3/4 tsp	
1049	SPICE OREGANO BULK 5 LB	2 Tbsp		+	3 1/4 tsp	
1011	SALT KOSHER	2 Tbsp		+	1/2 tsp	
1022	SPICE PEPPER BLK 18OZ	2 1/2 Tsp				
2504	PEPPER RED RST 12/28 OZ	7 Pound				
3528	PASTA PENNE 16/16 OZ	8 Pound				
1311	OIL OLIVE CANOLA BLEND 10 L	1/4 Cup				
3001	BEFF GROUND FRESH 85/15	10 Pound				
3006	SAUSAGE ITAL BULK 10 LB	10 Pound				
1063	SPICE GARLIC POWDER BULK 25 LB	1 2/3 Tsp				
1011	SALT KOSHER	2 Tbsp				
1009	SPICE HERB 6/5 LB	12 Ounce				
9018	CHEESE MOZZ FRESH SHRED 20 LB	2 Pound		+	12 Ounce	
9018	CHEESE MOZZ FRESH SHRED 20 LB	3 Pound				
Cooking Instructions		Cooking Time:		Hours:	0 Minutes:	0
Temperature:						
Pre-Preparation Instructions						
1. Cook beef until browned. 2. Cook pasta until al dente. 3. Mix all ingredients together. 4. Serve with a side of mozzarella cheese.						
Sauce Ingredients:						
TOUCH OF HERB TOMATO PASTE						
Stock Number		Stock Description				
GARLIC WHOLE PEELLED 5 LB		GARLIC WHOLE PEELLED 5 LB				
SPICE CILANTRO LEAVES BULK 1 LB		SPICE CILANTRO LEAVES BULK 1 LB				
SPICE OREGANO BULK 5 LB		SPICE OREGANO BULK 5 LB				
SPICE THYME WHL BULK 5 LB		SPICE THYME WHL BULK 5 LB				
SPICE PEPPER BLK 18OZ		SPICE PEPPER BLK 18OZ				
SPICE HERB 6/5 LB		SPICE HERB 6/5 LB				
SPICE GARLIC POWDER BULK 25 LB		SPICE GARLIC POWDER BULK 25 LB				
SPICE CILANTRO LEAVES BULK 1 LB		SPICE CILANTRO LEAVES BULK 1 LB				
SPICE OREGANO BULK 5 LB		SPICE OREGANO BULK 5 LB				
SPICE THYME WHL BULK 5 LB		SPICE THYME WHL BULK 5 LB				
SPICE PEPPER BLK 18OZ		SPICE PEPPER BLK 18OZ				
SPICE HERB 6/5 LB		SPICE HERB 6/5 LB				
SPICE GARLIC POWDER BULK 25 LB		SPICE GARLIC POWDER BULK 25 LB				
SPICE CILANTRO LEAVES BULK 1 LB		SPICE CILANTRO LEAVES BULK 1 LB				
SPICE OREGANO BULK 5 LB		SPICE OREGANO BULK 5 LB				
SPICE THYME WHL BULK 5 LB		SPICE THYME WHL BULK 5 LB				
SPICE PEPPER BLK 18OZ		SPICE PEPPER BLK 18OZ				
SPICE HERB 6/5 LB		SPICE HERB 6/5 LB				
SPICE GARLIC POWDER BULK 25 LB		SPICE GARLIC POWDER BULK 25 LB				
SPICE CILANTRO LEAVES BULK 1 LB		SPICE CILANTRO LEAVES BULK 1 LB				
SPICE OREGANO BULK 5 LB		SPICE OREGANO BULK 5 LB				
SPICE THYME WHL BULK 5 LB		SPICE THYME WHL BULK 5 LB				
SPICE PEPPER BLK 18OZ		SPICE PEPPER BLK 18OZ				
SPICE HERB 6/5 LB		SPICE HERB 6/5 LB				
SPICE GARLIC POWDER BULK 25 LB		SPICE GARLIC POWDER BULK 25 LB				
SPICE CILANTRO LEAVES BULK 1 LB		SPICE CILANTRO LEAVES BULK 1 LB				
SPICE OREGANO BULK 5 LB		SPICE OREGANO BULK 5 LB				
SPICE THYME WHL BULK 5 LB		SPICE THYME WHL BULK 5 LB				
SPICE PEPPER BLK 18OZ		SPICE PEPPER BLK 18OZ				
SPICE HERB 6/5 LB		SPICE HERB 6/5 LB				
SPICE GARLIC POWDER BULK 25 LB		SPICE GARLIC POWDER BULK 25 LB				
SPICE CILANTRO LEAVES BULK 1 LB		SPICE CILANTRO LEAVES BULK 1 LB				
SPICE OREGANO BULK 5 LB		SPICE OREGANO BULK 5 LB				
SPICE THYME WHL BULK 5 LB		SPICE THYME WHL BULK 5 LB				
SPICE PEPPER BLK 18OZ		SPICE PEPPER BLK 18OZ				
SPICE HERB 6/5 LB		SPICE HERB 6/5 LB				
SPICE GARLIC POWDER BULK 25 LB		SPICE GARLIC POWDER BULK 25 LB				
SPICE CILANTRO LEAVES BULK 1 LB		SPICE CILANTRO LEAVES BULK 1 LB				
SPICE OREGANO BULK 5 LB		SPICE OREGANO BULK 5 LB				
SPICE THYME WHL BULK 5 LB		SPICE THYME WHL BULK 5 LB				
SPICE PEPPER BLK 18OZ		SPICE PEPPER BLK 18OZ				
SPICE HERB 6/5 LB		SPICE HERB 6/5 LB				
SPICE GARLIC POWDER BULK 25 LB		SPICE GARLIC POWDER BULK 25 LB				
SPICE CILANTRO LEAVES BULK 1 LB		SPICE CILANTRO LEAVES BULK 1 LB				
SPICE OREGANO BULK 5 LB		SPICE OREGANO BULK 5 LB				
SPICE THYME WHL BULK 5 LB		SPICE THYME WHL BULK 5 LB				
SPICE PEPPER BLK 18OZ		SPICE PEPPER BLK 18OZ				
SPICE HERB 6/5 LB		SPICE HERB 6/5 LB				
SPICE GARLIC POWDER BULK 25 LB		SPICE GARLIC POWDER BULK 25 LB				
SPICE CILANTRO LEAVES BULK 1 LB		SPICE CILANTRO LEAVES BULK 1 LB				
SPICE OREGANO BULK 5 LB		SPICE OREGANO BULK 5 LB				
SPICE THYME WHL BULK 5 LB		SPICE THYME WHL BULK 5 LB				
SPICE PEPPER BLK 18OZ		SPICE PEPPER BLK 18OZ				
SPICE HERB 6/5 LB		SPICE HERB 6/5 LB				
SPICE GARLIC POWDER BULK 25 LB		SPICE GARLIC POWDER BULK 25 LB				
SPICE CILANTRO LEAVES BULK 1 LB		SPICE CILANTRO LEAVES BULK 1 LB				
SPICE OREGANO BULK 5 LB		SPICE OREGANO BULK 5 LB				
SPICE THYME WHL BULK 5 LB		SPICE THYME WHL BULK 5 LB				
SPICE PEPPER BLK 18OZ		SPICE PEPPER BLK 18OZ				
SPICE HERB 6/5 LB		SPICE HERB 6/5 LB				
SPICE GARLIC POWDER BULK 25 LB		SPICE GARLIC POWDER BULK 25 LB				
SPICE CILANTRO LEAVES BULK 1 LB		SPICE CILANTRO LEAVES BULK 1 LB				
SPICE OREGANO BULK 5 LB		SPICE OREGANO BULK 5 LB				
SPICE THYME WHL BULK 5 LB		SPICE THYME WHL BULK 5 LB				
SPICE PEPPER BLK 18OZ		SPICE PEPPER BLK 18OZ				
SPICE HERB 6/5 LB		SPICE HERB 6/5 LB				
SPICE GARLIC POWDER BULK 25 LB		SPICE GARLIC POWDER BULK 25 LB				
SPICE CILANTRO LEAVES BULK 1 LB		SPICE CILANTRO LEAVES BULK 1 LB				
SPICE OREGANO BULK 5 LB		SPICE OREGANO BULK 5 LB				

**SALT KOSHER** (First amount)  
 1. Cook beef and Italian sausage in oven covered about 30 minutes or until it reaches 165 degrees.  
 2. Remove from heat and cool on sheet pans.  
 3. Drain off fat and add in garlic, salt (second amount), and pepper puree.  
 4. Keep sauce refrigerated.  
 5. Toss with shredded red peppers.  
 6. Cook pasta until half way done and cool.  
 7. Preheat oven to 375 degrees.

**Preparation Instructions**  
 1. Cook beef and Italian sausage in oven covered about 30 minutes or until it reaches 165 degrees.  
 2. Remove from heat and cool on sheet pans.  
 3. In large bowl mix pasta, beef, cheese, cheese sauce, garnish cheeses, and last mozzarella ingredient.  
 4. Place 17lbs of pasta mixture per hotel pan.  
 5. Cover with foil.  
 6. When ready to cook, heat covered in 350 degrees oven for approximately 25 minutes or until it reaches 165 degrees.  
 7. Remove parchment and foil and using the second amount of mozzarella, add 12oz. of cheese per pan on top, then cook for another 10 minutes uncovered.

**Serving Instructions:**  
 There are about 23 servings per full pan.  
 1 Serving = 5/4 cup (8oz.)

#### BAKED POTATO: TACO MEAT & CH

Food Category:	Entree	Recipe Category:	Unsigned	Recipe Number:	MV065
Serving Size:	Each	Serving Description:	1 Each		
Recipe Source:	Cook Book	Process Category:	Complex	-1 Servings	Instructions
Stock Number	Stock Description	Amount 1 Measure 1	+ / -	Amount 2 Measure 2	
1203	FLOUR AP 50 LB	10 Ounce	+	24 3/4 Gram	
1204	BEAN RED FRESH 40 LB	10 Ounce	+	24 3/4 Gram	
1509	MILK 1%, LOWFAT	1 Gallon	+	1 1/3 Cup	
1017	SPICE CHILI POW 200Z	8 1/2 Gram			
1063	SPICE GARLIC POWDER BULK 25 LB	4 1/2 Gram			
1019	SPICE PAPRIKA 180Z	18 2/3 Gram			
1046	SPICE CHIPOTLE BULK 10 LB	1 Tbsp	+	1 1/2 tsp	
1009	SPICE CHIPOTLE SHRED 30 LB	4 Pound	+	6 2/3 Ounce	
1011	SALT KOSHER	1 Ounce	+	2 1/3 Gram	
3001	BEEF GROUND FRESH 85/15	50 Pound			
2502	BEANS RED F/C 6/10	5 Pound	+	14 2/3 Ounce	
1015	SPICE TACO SEASONING 25 LB	2 Pound	+	14 3/4 Ounce	
1049	WATER	3 Quart	+	1 Cup	
54508	BRASSICA OLERACEA	10 Pound			
2587	POTATO 70 CT 50LB	46 Pound	+	15 Ounce	
<b>Cooking Instructions</b>		<b>Cooking Time:</b>		<b>Hours:</b>	<b>0 Minutes:</b>
Temperature:	0				0
Pre-Preparation Instructions					
Ground beef (1% fat yield: 75% Drained canned beans yield 64% Baked potatoes yield 82%)					
1. Gather the cheese sauce ingredients together: 2. Add butter until melted, then add flour. Whisk until a blonde roux is reached. 3. Whisk in milk until smooth, bring to a simmer. 4. One a thick bechamel sauce is achieved, whisk in cheese and seasoning. 5. Pre-heat oven to 375 degrees. 6. In tilt skilet, cook the beef for approximately 20 minutes or until it reaches 165 degrees. Be sure to drain off the fat. 7. Add 1 lb of kidney beans while the meat is cooking. 8. Add all the kidney beans while the meat is cooking. 9. Add all the kidney beans while the meat is cooking. 10. Continue mixing, making sure the beans do not stick to the tilt skillet. 11. Prepare the potatoes and broccolini. 12. Once the meat is cooked, drain off the fat and thoroughly cooked, portion into hotel pans. (12.79 lb per pan). 13. Prepare the toppings and broccolini. 14. Place the meat onto the potatoes in individual aluminum sheets. 15. Bake 45 minutes at 375 degree oven. 16. While the meat is baking, prepare the cheese sauce. 17. Reheating instructions: 18. Reheat baked potatoes wrapped in foil at 350 degrees for 45 min. or until soft. Leave in the foil. 19. Reheat the cheese sauce and taste meat.					

**SALT KOSHER**  
 2. Gather the beef ingredients together:  
 BEEF GROUND FRESH  
 BEANS RED  
 SPICE TACO SEASONING  
 WATER  
 3. Wash and chop broccolini florets.  
 4. Preheat oven to 375 degrees.

**Preparation Instructions**  
 1. Prepare the cheese sauce:  
 a. Heat butter until melted, then add flour. Whisk until a blonde roux is reached.  
 b. Whisk in milk until smooth, bring to a simmer.  
 c. One a thick bechamel sauce is achieved, whisk in cheese and seasoning.  
 d. Pre-heat oven to 375 degrees.  
 e. In tilt skillet, cook the beef for approximately 20 minutes or until it reaches 165 degrees. Be sure to drain off the fat.  
 f. Add 1 lb of kidney beans while the meat is cooking.  
 g. Add all the kidney beans while the meat is cooking.  
 h. Add all the kidney beans while the meat is cooking.  
 i. Continue mixing, making sure the beans do not stick to the tilt skillet.  
 j. Prepare the potatoes and broccolini.  
 k. Once the meat is cooked, drain off the fat and thoroughly cooked, portion into hotel pans. (12.79 lb per pan).  
 l. Prepare the toppings and broccolini.  
 m. Place the meat onto the potatoes in individual aluminum sheets.  
 n. Bake 45 minutes at 375 degree oven.  
 o. While the meat is baking, prepare the cheese sauce.  
 p. Reheating instructions:  
 q. Reheat baked potatoes wrapped in foil at 350 degrees for 45 min. or until soft. Leave in the foil.  
 r. Reheat the cheese sauce and taste meat.

**Serving Instructions:**  
 Assembly for service:  
 1. Cut a cold intermediate through the foil.  
 2. Separate pieces of meat to expose the toppings.  
 3. Add 3 oz of taco meat per baked potato, 2oz Cheese Sauce, and 1/4 cup Broccoli.

Food Category:	Sandwich recipes	Recipe Category:	Unsigned	Recipe Number:	OU002
Serving Size:	Sandwich	Serving Description:	1 Sandwich		
Recipe Source:	TBD	Process Category:	Complex	-1 Servings	Instructions
Stock Number	Stock Description	Amount 1 Measure 1	+ / -	Amount 2 Measure 2	
2564	CUCUMBER 45 LB	5 Pound	+	3 Ounce	
TLB100	ROASTED RED PEPPER 10 LB EP	2 Pound	+	3 1/4 Ounce	
2541	ROASTED RED 25 LB (19 LB EP)	7 Pound			
5500	CARROT LOOSE 25 LB	4 Pound	+	3 Ounce	
2600	CILANTRO 6 CT	8 Ounce			
7903	BAGUETTE W/S 12/CS	18 Pound	+	12 Ounce	
1011	SALT KOSHER	10 Tbsp	+	2 tsp	
1200	SUGAR CANE 25 LB	10 Tbsp	+	2 tsp	
1000	VINEGAR WHITE WINE 4/1 GAL	2 Quart	+	5 1/3 Tbsp	
1561	SAUCE FISH	2 Cup			

1036	SAUCE SOY GRIS 5.2 GAL	2 Quart	+	2 2/3 Fl Oz
2004	LIME JUICE 6/2 QT	4 Ounce		
2570	GARLIC WHOLE PEELLED 5 LB	1 Pint		
9006	CHICKEN THIGH STRIP COMM 30 LB	17 Pound	+	13 Ounce
8003	MAYONNAISE 4/1 GAL	2 Quart	+	8 3/4 Tbsp
<b>Cooking Instructions:</b>				
<b>Temperature:</b>	0	<b>Cooking Time:</b>	<b>Hours:</b>	<b>0 Minutes:</b>
<b>Pre-Preparation Instructions</b>				
1. Slice cucumber, jalapeno, and radishes. 2. Chop radishes. 3. Chop jalapenos. 4. Cut each baguette ( = 8oz) into thirds (this will create 3oz. baguette each). 5. Preheat oven to 350 degrees. 6. Line a baking sheet.				

**Preparation Instructions**

1. Mix together fish sauce, sugar, and rice wine vinegar.
2. Let it sit for a few hours before adding cucumbers, carrots, and radishes.
3. Marinate for at least 30 minutes.
4. Mix together fish sauce, soy sauce, lime juice, and garlic.
5. Let it sit for a few hours before adding the chicken thigh strips.
6. Marinate for at least 30 minutes.
7. Heat chicken in the oven at 350 for 25 minutes, or when internal temperature of 165 degrees F. is reached.

4. Assemble baguettes:
  - a. Spread 2 Tbsp of mayo on the bottom slice of the baguette.
  - b. Top with 2.85oz chicken, 3oz pickled veggies, fresh cilantro, and jalapeno
  - c. Place the top of the baguette on top.

#### Serving Instructions

Serving - 1 Sandwich

**BEAN & CHEESE NACHOS 9-12**

Food Category:	Vegetarian	Recipe Category:	Unassigned	Recipe Number:	MV017
Serving Size:	Serving	Serving Description:	1 Serving		
Recipe Source:	Cook Book	Process Category:	Complex	-1 Servings	Instructions
<b>Stock Number</b>	<b>Stock Description</b>	<b>Amount 1 Measure 1</b>	<b>+ / -</b>	<b>Amount 2 Measure 2</b>	
9063	BEANS PINTO COMM 6/10	32 Pound	+	4 1/2 Ounce	
8001	BEAN LIQUID	1 Quart	+	5 Fl Oz	
1045	SPICE CILANTRO BULK 10 LB	1 Cup	+	2 1/2 Teaspoon	
1011	SALT KOSHER	1 Ounce	+	8 2/3 Gram	
1203	FLOUR AP 50 LB	13 Ounce	+	1 1/8 Gram	
1501	BUTTER SOLID UNSLT	13 Ounce	+	1 1/8 Gram	
1500	MILK 1%, LOWFAT	1 Gal.	+	1 1/4 Quart	
1047	SPICE CHIP POW 200Z	10 1/2 Gram			
1043	SPICE GARLIC POWDER BULK 25 LB	5 1/3 Gram			
1019	SPICE PAPRIKA 180Z	22 1/4 Gram			
1046	SPICE CUMIN BULK 10 LB	1 Tbsp	+	1 2/3 tsp	
9054	CHEESE CHED SHRED 30 LB	4 Pound	+	3 1/2 Ounce	
1011	SALT KOSHER	4 Tbsp	+	2 tsp	
3520	CHIP TORTILLA 6/2 LB	15 Pound			

**Cooking Instructions**  
**Temperature:**  
**Pre-Preparation Instructions**  
Pinto Beans Yield 62.4%  
Gather Beans ingredients together:  
BEAN SPLITTER  
BEAN LIQUID  
SPICE CLIMEN (First amount)  
SALT KOSHER (First amount)  
Gather Cheese Sauce ingredients together:  
FLOUR AP  
BUTTER SOLID UNSLTD  
MILK, 1%  
SPICE BILLY POW  
SPICE CAYENNE POWDER  
SPICE PAPRIKA  
SPICE CLIMEN (Second amount)

CHEESE CHED SHRED  
SALT KOSHER (Second amount)  
1. Drain the liquid of the hearts - Reserve the amount of liquid listed in the recipe for later use.

**Preparation Instructions**

Prepare Beans:

1. Combine beans and bean liquid with cumin and salt.
2. Bring mixture to a boil.
3. Reduce heat to low. Simmer 2 hrs.
4. If sending to site kitchens for service: Cover with parchment and foil. Keep chilled until transport.

Prepare the Cheese Sauce:

1. Heat butter until melted, then add flour. Whisk until a blonde roux is reached.
2. Add milk and whisk well.
3. Once a thick bechamel sauce is achieved, whisk in cheese and seasoning.
4. If sending to site kitchens for service: Cool and stir in blue cheese to taste.

**Serving Instructions**  
Reheating Instructions for day of service:  
1. Reheat beans and cheese sauce separately in 350 - degree oven or steamer covered until temperature of 165 is reached.  
2. Stir halfway through.  
Serving Instructions:  
1. Put 2 ounces tortilla chips on tray.  
2. Serve 1/4 cup (2.9oz) of beans next to chips  
3. Top nachos with 2oz of cheese sauce.

Beef and Broccoli K-8

Food Category:	Entree	Recipe Category:	Entree	Recipe Number:	FS204
Serving Size:	CUP	Serving Description:	1 Bowl		
Recipe Source:	Project Bread	Process Category:	Complex		
<b>Stock Number</b>	<b>Stock Description</b>	<b>Amount 1 Measure 1</b>	<b>+ / -</b>	<b>Amount 2 Measure 2</b>	<b>Instructions</b>
1036	SAUCE SOY GFLS 5.2 GAL	1 Quart	+	2 1/4 Fl Oz	
1030	VINEGAR WHITE WINE 4/1 GAL	1 Pint	+	1 1/4 Cup	
1027	SUGAR GRANULATED 16/2 LB	1 Pound	+	8 1/8 Gram	
2529	ONION BEEF BEEF BEEF 1 LB	11 Ounce	+	16 1/4 Gram	
3012	BEEF CHCK RST 2 LB VS LB/C'S	10 Pound	+	8 Ounce	
2570	GARLIC WHOLE PEELLED 5 LB	6 Ounce			
2568	GINGER ROOT 1 LB	5 Ounce	+	14 1/8 Gram	
1038	SAUCE SOY GFLS 5.2 GAL	6 Fl Oz			
1024	VINEGAR APPLE CIDER 4/1 GAL	8 Tbsp			
1044	SPICE COUNTRY 100% GINGER	2 Tbsp			
1000	CORN STARCH 24/1 LB	6 Ounce			
3533	RICE BROWN 25 LB	4 Pound	+	8 Ounce	
TAP	WATER	1 Gal.			
2521	BRASSICOLI CROWNS 20 LB	10 Pound	+	6 Ounce	
1311	OIL OLIVE CANOLA BLEND 10 L	2 1/3 Cup	+		
<i>Cooking Instructions</i>					
<i>Total Weight</i>	0	<i>Cooking Time</i>	0	<i>Measure</i>	0

<b>Pre-Preparation Instructions</b>				
Recipe Source: Project Bread "Let's Cook Healthy School Meals" Cookbook Cooking Instructions: 1. Trim meat and then partially freeze for approximately 1 hour. (The meat will be easier to slice if partially frozen). 2. Slice meat into 1/8" slices. 3. Mince garlic and chop. 4. Toss meat with the garlic, ginger, second soy sauce amount, olive vinegar, and cinnamon in large bowl and let sit for 30 minutes. 5. Add rice and water to a large pot and bring to a boil. 6. Combine rice and water and steam for 60 minutes until water is absorbed and rice is tender. 7. Cut broccoli into florets and steam until the stem is possible. 8. In a tilt skillet, heat the oil over medium heat. 9. Add the meat and cook for approximately 20 minutes, letting it caramelize on meat. 10. Remove the meat from the pan. 11. Cook the broccoli, adding it to the原先 tilt skillet and slowly adding water to let the broccoli steam. Broccoli will become tender in 10 - 15 minutes, stirring from time to time. 12. Add the meat back to the pan, cook until sauce thickens enough to coat the back of a spoon. 13. Taste for seasoning.				
<b>Preparation Instructions</b>				
1. Trim meat and then partially freeze for approximately 1 hour. (The meat will be easier to slice if partially frozen).				
2. Slice meat into 1/8" slices.				
3. Mince garlic and chop.				
4. Toss meat with the garlic, ginger, second soy sauce amount, olive vinegar, and cinnamon in large bowl and let sit for 30 minutes.				
5. Add rice and water to a large pot and bring to a boil.				
6. Combine rice and water and steam for 60 minutes until water is absorbed and rice is tender.				
7. Cut broccoli into florets and steam until the stem is possible.				
8. In a tilt skillet, heat the oil over medium heat.				
9. Add the meat and cook for approximately 20 minutes, letting it caramelize on meat.				
10. Remove the meat from the pan.				
11. Cook the broccoli, adding it to the原先 tilt skillet and slowly adding water to let the broccoli steam. Broccoli will become tender in 10 - 15 minutes, stirring from time to time.				
12. Add the meat back to the pan, cook until sauce thickens enough to coat the back of a spoon.				
13. Taste for seasoning.				
<b>Serving Instructions</b>				
Serving: 1 bowl = 1/2 cup beef mix (3.75oz) with 1/2 cup rice				
<b>Beef Birria Tacos</b>				
Food Category: Entrees	Recipe Category: Unassigned	Recipe Number: OUS16		
Serving Size: Each	Serving Description: 3 Tacos			
Recipe Source: Boulder Valley School District	Process Category: Same Day			
Stock Number Stock Description	Amount 1 Measure 1	+ / -	Amount 2 Measure 2	Instructions
2510 GARLIC WHOLE PEELLED 5 LB	4 Ounce	+	3 1/2 Gram	
2549 TOMATO SKINS 25 LB	3 Round	+	15 Ounce	
1311 OIL OLIVE CANOLA BLEND 10 L	2 3/4 Cup	+		
3032 BEEF CHUCK RST 3 EA/53 LB/Cs	33 Pound			
1011 SALT KOSHER	5 Tbsp	+	1 1/2 tsp	
1022 SPICE PEPPER BLK 18OZ	5 Tbsp	+	2 Tbsp	
6516 DRIED GUJILLITO PEPPERS IN ADOBO	4 Round	+	12 Ounce	
1550 Dried Guajillo Peppers	2 Ounce	+	21 1/4 Gram	
1030 VINEGAR WHITE WINE 4/1 GAL	1 Pint	+	12 Tbsp	
1049 SPICE OREGANO BULK 5 LB	11 Tbsp			
1046 SPICE CINNAMON 10 LB	3 Tbsp	+	2 tsp	
1057 SPICE PARMEZAN 16OZ	3 Tbsp	+	2 tsp	
1044 SPICE CINNAMON GRD	297 TORT (75 OZ)			
3501 TORTILLA CORN 4.5" 12/48	18 Pound	+	9 Ounce	
1551 Cheese Cotija	2 Cup			
1311 OIL OLIVE CANOLA BLEND 10 L				
Cooking Instructions	Cooking Time:	Hours:	0 Minutes:	0
Temperature: 0				
Pre-Preparation Instructions				
1. Preheat oven to 375 degrees F. 2. Mince garlic. 3. Chop green onions.				
4. Once all sides are browned, add the beef to deep hotel pans, approximately 3b. of beef per hotel pan. 5. Add water to each pan to cover about 2/3 of the way covering. 6. Cook the beef for about 2 hours. a. 3/4oz. of mixed Chiladas b. 7oz. of Carneada Chiladas c. 3 oz. of Chopped Tomatoes				
6. 1/2oz. of Dried Guajillo Peppers 7. 1/4 Cup White Vinegar 8. 1 Tbsp Oregano, 1 Tbsp Cumin, 1 tsp Paprika, 1 tsp Cinnamon 9. Add water to each pan to cover about 2/3 of the way covering. 10. Cook the beef for about 2 hours. a. 3/4oz. of mixed Chiladas b. 7oz. of Carneada Chiladas c. 3 oz. of Chopped Tomatoes				
11. Assemble the tacos: Add 1oz. of shredded beef and 1oz. of cheese to each tortilla. 12. In a little, add 1/2oz of (this is the second of amount) every 3 tacos cooked. Brown tacos quickly on each side.				
<b>Serving Instructions</b>				
Serving = 3 Tacos				
<b>Beef Bulgogi</b>				
Food Category: Entrees	Recipe Category: Unassigned	Recipe Number: OUS04		
Serving Size: Ounces	Serving Description: 4 Ounces			
Recipe Source: TBD	Process Category: Same Day			
Stock Number Stock Description	Amount 1 Measure 1	+ / -	Amount 2 Measure 2	Instructions
2541 RADISH RED 1 LB (19 LB EP)	5 Pound	+	3 Ounce	
2564 CUCUMBER 45 LB	5 Pound	+	7 1/2 Ounce	
2576 ONION GREEN 1/2 CS 24 BUNCH	4 Pound	+	11 Ounce	
2560 CARROT LOOSE 25 LB	3 Pound	+	2 Ounce	
2510 GARLIC WHOLE PEELLED 5 LB	6 Ounce			
1011 SALT KOSHER	8 Tbsp			
1030 VINEGAR WHITE WINE 4/1 GAL	1 Quart	+	1 1/8 Pint	
1036 SAUCE SOY GRLS 5.2 GAL	1 Quart	+	5 1/2 Fl Oz	
TAP WATER	1 Cup	+	4 Fl Oz	
1200 SUGAR CANE 24 LB	1 Pint	+	1 Cup	
1030 VINEGAR WHITE WINE 4/1 GAL	1 Cup	+	8 Tbsp	
1307 OIL SESAME TOASTED 4/1 GAL	1 Tbsp	+	1/4 tsp	
1022 SPICE PEPPER BLK 18OZ	15 Pound	+	10 Ounce	
Beef, Shaved Steak, Frozen; slices, 100% beef sandwich, 2 oz, 2/10# box; as purchased				
Cooking Instructions	Cooking Time:	Hours:	0 Minutes:	0
Temperature: 0				
Pre-Preparation Instructions				
1. Thinly slice radishes and cucumbers into coins. 2. Chop green onions. 3. Chop garlic. 4. Mince garlic.				
5. Combine all and first vinegar amount. Let it sit for a few hours before adding the vegetables. 6. Add the cucumbers, radishes, and shredded carrots to the vinegar mixture and let it sit for at least 30 minutes. 7. Cut the beef into thin strips. 8. Mix the beef with the vegetables and the remaining vinegar, paprika, sesame oil, and pepper. 9. Add the shaved beef and let it marinate for at least 30 minutes.				
10. Assemble the sandwich.				

5. Sauté the beef in a tilt skillet for approximately 15 minutes or until browned.  
 6. Once the beef is browned, add the marinade along with the green onions and cook for another 2 minutes.

**Serving Instructions:**  
 Serving: 4oz portion of beef bulgogi topped with 1/4 cup of pickled veggies  
 Suggestion: Serve over rice

Beef Bulgogi		Food Category:	Entrees	Recipe Category:	Unassigned	Recipe Number:	MB200
Serving Size:	Cup	Serving Description:			1 Cup (8oz.)		
Recipe Source:	Boulder Valley School District	Process Category:		Same Day	-1 Servings	Instructions	
Stock Number	Stock Description	Amount 1 Measure 1	+ / -	Amount 2 Measure 2			
2338	ONION YELLOW JUMBO 50 LB	7 Pound	+	2 Ounce			
2570	GARLIC WHOLE PEELLED 5 LB	12 Ounce	+				
2502	BEANS RED FCY 6/10	4 Pound	+	2 Ounce			
9045	TOMATOES DICED COMM 6/10	39 Pound	+	12 Ounce			
2514	TOMATOES DICED 6/10	12 Ounce					
1311	OIL OLIVE CANOLA BLEND 10 L	8 Ounce					
3001	BEEF GROUND FRESH 85/15	24 Pound					
1017	SPICE CHILI POW 200Z	7 Tbsp	+	1 3/4 tsp			
1046	SPICE CUMIN BULK 10 LB	4 Tbsp					
1011	SALT KOSHER	1 Cup	+	2 Tbsp			
<b>Cooking Instructions:</b>							
Temperature:	0	Cooking Time:		Hours:	0 Minutes:		0
<b>Pre-Preparation Instructions:</b>							
Raw to cooked beef yield 75% Cooked beef yield 78% Canned red beans yield 4% Diced tomatoes yield 66% 1 lb. dried beans yield 1 1/2 cups 2. Drain and rinse beans. 3. Pure 3/4 of the diced tomatoes.							

**Preparation Instructions:**  
 1. In a sauté pan over medium heat, cook onions until soft.  
 2. Add garlic and onion, cook for about 5 - 7 minutes or until onions are translucent.  
 3. Add beef and brown for approximately 10 minutes. Drain off grease.  
 4. Add red beans, canola oil, cumin, chili powder, and salt.  
 5. Add in pureed tomato, diced tomatoes, and beans and cook for an additional 5 minutes.  
 6. Bring to a simmer, then simmer between 20 minutes to 1 hour to allow flavors to develop.

**Serving Instructions:**  
 Serving = 1 Cup (8oz.)  
 Suggestion: Serve with tortilla chips, rice, or WG dinner roll

Black Bean Veggie Burger		Food Category:	Vegetarian	Recipe Category:	Unassigned	Recipe Number:	MV401
Serving Size:	Ounces	Serving Description:			1 Sandwich		
Recipe Source:	Cook Book	Process Category:		Complex	-1 Servings	Instructions	
Stock Number	Stock Description	Amount 1 Measure 1	+ / -	Amount 2 Measure 2			
2571	REFINED GREEN YIELD 12 LB	10 Pound	+	15 Ounce			
2570	GARLIC WHOLE PEELLED 5 LB	10 Ounce					
2500	BEANS BLACK 4/10	6 Pound	+	4 Ounce			
2510	JALAPENO SLICED 6/10	1 Ounce	+	14 1/8 Gram			
2600	CILANTRO 6 CT	15 Ounce					
3533	RICE VEGGIE 10 LB	2 Pound	+	4 Ounce			
3000	WHEAT TORTILLA 6" 4200Z 12/36 CT	24 WHEAT TORTILLA 6"					
2505	CORN FROZEN 120Z 5 LB	5 Pound	+	15 Ounce			
1311	OIL OLIVE CANOLA BLEND 10 L	10 Tbsp					
1514	EGG LIQUID 1/2 LB	1 Pound	+	13 1/3 Ounce			
1011	SALT KOSHER	1 Ounce	+	17 Gram			
1022	SPICE PEPPER BLK 1LBZ	10 1/2 Gram					
2535	WHEAT SPK WFP 20Z	100 ROLL (2 OZ)					
2538	ONION YELLOW JUMBO 50 LB	5 Pound					
<b>Cooking Instructions:</b>							
Temperature:	0	Cooking Time:		Hours:	0 Minutes:		0
<b>Pre-Preparation Instructions:</b>							
Onions yield 50% Onions yield 78% Green peppers yield 75% Jalapeno slices yield 61% 1. Prepare the vegetables. 2. Drain and rinse the beans. 3. Mince the garlic. 4. Drain and rinse the beans. 5. Drain the jalapeno slices. 6. Chop cilantro. 7. Preheat oven to 350 degrees F.							

**Preparation Instructions:**  
 1. Cook the brown rice slightly over cook.  
 2. Rolo coup the corn tortillas until a fine flour like consistency is achieved.

3. Combine onions, corn, peppers, park, and jalapeno with oil, mix well, and spread onto a sheet pan.  
 4. Add the black beans to the tortillas.  
 5. Let cool and drain excess liquid.  
 6. Mix the tortillas and black beans together.  
 7. Take out half of the batch and rolo coup other half with the eggs, ground corn tortillas, salt, and pepper.  
 8. Take the batch from the rolo coup with the reserved batch together by hand.  
 9. Use a #10 scoop to portion the patties.  
 10. If shipping to kitchens for service or making ahead of time: Plastic wrap and freeze the patties.

**Serving Instructions:**  
 Serving instructions for day of service:  
 1. Place about 24 patties per serving tray.  
 2. Bake at 350 degrees for 15 minutes or until at 250 degrees.  
 Serving: Serve 1 patty on a 2 ounce whole grain bun

Broccoli Sprout Slaw		Food Category:	Salads	Recipe Category:	Unassigned	Recipe Number:	QJ006
Serving Size:	Cup	Serving Description:			1/2 Cup (1.375oz.)		
Recipe Source:	TBD	Process Category:		No Cook	-1 Servings	Instructions	
Stock Number	Stock Description	Amount 1 Measure 1	+ / -	Amount 2 Measure 2			
1311	BRUSSELS SPROUTS, FRESH, TRIMMED	13 Pound	+	12 Ounce			
1028	OIL OLIVE CANOLA BLEND 10 L	2 1/2 Cup					
1031	VINEGAR APPLE CIDER 4/1 GAL	1 Cup	+	4 Tbsp			
1205	HONEY 6 1/2 LB	2 1/4 Tbsp					
9600	DIJON MUSTARD	10 Tbsp	+	1/4 tsp			
<b>Cooking Instructions:</b>							
Temperature:	0	Cooking Time:		Hours:	0 Minutes:		0
<b>Pre-Preparation Instructions:</b>							
1. Clean, trim, and shred broccoli sprouts.							

<b>Preparation Instructions</b>									
1. Whisk together the olive oil, vinegar, salt, honey, and mustard in a mixing bowl. 2. Combine the dressing with the shredded brussel sprouts and mix together.									
<b>Serving Instructions</b>									
Serving = 1/2 cup (1.375oz)									
<b>BURRITO CHICKEN</b>									
Food Category:	Entrees	Recipe Category:	Unassigned			Recipe Number:	MP070		
Serving Size:	Burrito	Serving Description:	1 Burrito						
Recipe Source:	Cook Book	Process Category:	Complex						
Stock Number	Stock Description	Amount 1 Measure 1	+ / -	Amount 2 Measure 2		Instructions			
9513	ONION YELLOW 2#BAG 5 LB	1 Pound		0 Ounce					
9006	CHICKEN THIGH STRIP COMM 30 LB	5 Pound	+	1 Ounce					
9004	CHEESECHED SHRED 30 LB	2 Pound	+	13 Ounce					
9063	BEANS PINTO COMM 6#10	17 Pound	+	3 2/3 Ounce					
8001	BEAN LIQUID	1 Pint	+	2 Fl Oz					
10406	SPICE CUMIN BULK 10 LB	1 2/3 Tsp							
1011	SALT KOSHER	1 Tbsp							
1010	SALSA MEDIUM RED 4/1 GAL	1 Quart							
1011	SALT KOSHER	1 Tbsp							
1046	SPICE CUMIN BULK 10 LB	1 Tbsp							
1049	SPICE OREGANO BULK 5 LB	1 Tbsp							
2642	TORTILLA 9" WG 12/12 CT	90 TORT							
<b>Cooking Instructions</b>									
Temperature:	0	Cooking Time:		Hours:	0 Minutes:				0
<b>Pre-Preparation Instructions</b>									
1. Cook and chill brown rice prior to assembly of burrito. 2. Thinly slice the onions. 3. Prepare Refried Bean. 4. Prepare Salsa. <b>BEANS PINTO</b> BEAN LIQUID SALT KOSHER (First amount) SALT KOSHER (Second amount) a. Drain beans and liquid. Weigh beans and liquid needed separately. b. Combine beans and bean liquid with cumin and salt. c. Bring to a boil and let simmer until beans are smooth. d. Keep cool and set aside.									
<b>Preparation Instructions</b>									
1. Combine cold chicken, cold beans, cold cheese, cold rice, oregano, salt (second amount), cumin (second amount), and salsa in hotdog mixer to combine. 2. Lay tortillas out on workspac. 3. Assemble burritos:  a. Using a #8 dicer (or #4), place chicken/bean/rice mixture in center of tortilla. b. Fold tortilla over filling. c. Place 26 burritos on each parchment - lined sheet pan, 4 x 6 plus 2 on end. d. Cover with plastic wrap. e. Heat covered burrito in a 350 - degree oven until internal temperature reaches 165 degrees (approximately 1 hour). Check internal temperature of a couple of burritos after 30 minutes of cooking time. Heat to 165 degrees. f. Cover pans with a piece of parchment paper, then place in plastic bag. g. Label, date, and refrigerate until ready to transport. h. Once transported, heat in a 350 degree oven until internal temperature reaches 165 degrees. At site kitchens on day of service: Take sheet pans out of the plastic bag, tightly wrap the pans with parchment paper with foil, and heat burritos in a 350 - degree oven until internal temperature reaches 165 degrees (approximately 1 hour).									
<b>Serving Instructions</b>									
Serving grades 3 - 11 = 1 Burrito Serving grades K - 2 = 1/2 Burrito									
<b>Butternut Squash and Chicken</b>									
Food Category:	Entrees	Recipe Category:	Entree			Recipe Number:	FS010		
Serving Size:	Cup	Serving Description:	1 Cup (8oz)						
Recipe Source:	Minneapolis Public Schools	Process Category:	Same Day		-1 Servings				
Stock Number	Stock Description	Amount 1 Measure 1	+ / -	Amount 2 Measure 2		Instructions			
2530	ONION YELLOW 2#BAG 50 LB	1 Pound	+	7 Ounce					
2570	GARLIC WHOLE PEELLED 5 LB	4 Ounce							
2568	GINGER ROOT 1 LB	6 Ounce							
2530	KALE LACINATO ORG 24 CT 15 LB	4 Pound	+	7 Ounce					
2592	SQUASH BUTTERNUT 40 LB	10 Pound	+	13 Ounce					
1111	OLIVE OIL CANOLA BLEND 10 L	1/2 Cup							
1123	SPICE CUMIN POW ORG 17 OZ BAG	1 Cup	+	4 Tbsp					
1011	SALT KOSHER	1 Tbsp							
1105	SPICE PEPPER BLK TBL CRS 80 OZ	1 Tbsp							
1211	COCONUT MILK UNSWT 6#10	4 #10 CAN							
9006	CHICKEN THIGH STRIP COMM 30 LB	14 Pound	+	4 Ounce					
2591	LIME JUICE 6/32 OZ	1 Cup	+	4 Tbsp					
<b>Cooking Instructions</b>									
Temperature:	0	Cooking Time:		Hours:	0 Minutes:				0
<b>Pre-Preparation Instructions</b>									
Recipe source: Minneapolis Public Schools Nutrition Services Minneapolis Public Schools Cooked onions yield: 78% Onion yield: 63% Ginger yields: 63% 1. Cut kale. 2. Mince the garlic and ginger. 3. De-stem kale and chop into 2" pieces. 4. Peel and dice butternut squash. Chop into large dice.									
<b>Preparation Instructions</b>									
1. Sauté squash and onions in oil for about 5 minutes. Add ginger, garlic, lime juice, dried spices, and coconut milk. Bring mixture to a boil. Reduce to a simmer once it comes to a boil, then add the chicken. Simmer for 10 minutes. 6. Remove from the heat and add the lime juice and kale.									
2. Stir the mixture until the kale wilts and is fully incorporated.									
<b>Serving Instructions</b>									
Serving = 1 Cup (8oz).									
<b>Chicken Enchiladas</b>									
Food Category:	Entrees	Recipe Category:	Unassigned			Recipe Number:	MP003		
Serving Size:	Each	Serving Description:	2 Enchiladas						
Recipe Source:	Cook Book	Process Category:	Complex		-1 Servings				
Stock Number	Stock Description	Amount 1 Measure 1	+ / -	Amount 2 Measure 2		Instructions			
9538	ONION YELLOW JMB 50 LB	3 Pound	+	2 Ounce					
2570	GARLIC WHOLE PEELLED 5 LB	5 2/3 Gram							

**Preparation Instructions**

1. Mix chicken, half of the cheese amount, beans, and spices in bowl with the paddle.
2. Scoop 2 oz of filling onto each tortilla.
3. Fold tortilla over filling.
4. Spread 1/2 oz of sauce on bottom of each hot pan.
5. Place folded tortilla on top of sauce.
6. Cover with 2 oz of sauce in each pan.
7. Cook on medium heat for 10 minutes.
8. Cook at 350 degrees for 20 minutes covered. After 20 minutes, uncover and top with remaining cheese amount, then cook for another 10 - 15 minutes until cheese is melted. Internal temperature should be 165 degrees.

#### Serving Instructions

Serving = 2 Enchiladas

<b>Preparation Instructions</b>
1. Coat chicken in the first bin with flour and salt mixture. Dust off excess flour.
2. Dip in batter mixture.
3. Coat in the second flour mixture.
4. Place on sheet pans with pan liner and spray with canola oil enough to coat entire the entire drumstick.
5. Cook at 350 about for 25 minutes or until internal temperature reaches 165 degrees.
<i>Note: Do not overcook and crack chicken. Avien cooking recipe it has to be cooked before cooking.</i>

**Serving Instructions**

Chicken Pozole w/Tortilla Chip					
Food Category:	Entrees	Recipe Category:	Entree	Recipe Number:	R5998
Serving Size:	Cup	Serving Description:	1 Cup (8oz.)		
Recipe Source:	Cook Book	Process Category:	Same Day		
<b>Stock Number</b>	<b>Stock Description</b>	<b>Amount 1 Measure 1</b>	<b>+ / -</b>	<b>Amount 2 Measure 2</b>	<b>Instructions</b>
1014	BASE CHICKEN 3/4LB	8 Ounce			
1A9	WATER 1 GALLON	2 Gal.	+	1 1/8 Pint	
2519	ORANGE YELLOW LIMED 30 LB	9 Pound			
2570	GARLIC WHOLE PEELED 5 LB	2 Tbsp	+	2 1/3 Tsp	
2600	CILANTRO 6 CT	1 Quart	+	1 Cup	
9002	CHICKEN DICED COMM 30 LB	6 Pound	+	4 Ounce	
1049	SPICE OREGANO BULK 5 LB	2 Tbsp	+	2 1/3 Tsp	
1051	SALT 5 LB	4 Tbsp	+	1/2 Tsp	
3519	TOMATILLOS 5/lb	25 Pound			
S252	Dried Pasilla Pepper	2 Pound	+	8 Ounce	
S156	Hominy White	15 Pound	+	8 2/3 Ounce	



1. Combine rice, water, and olive oil in 4" full size hotel pan.  
 2. Cover with parchment and foil and bake for 45 minutes at 350 degrees.  
 3. Combine the cooked rice with salt, lime juice, and cilantro.

#### Serving Instructions:

Serving = 1/2 cup (3oz)

#### Cool & Spicy Cucumber Salad

Food Category:	Salads	Recipe Category:	Side	Recipe Number:	HK2231
Serving Size:	Cup	Serving Description:	1/2 Cup (2.77oz.)		
Recipe Source:	Cook Book	Process Category:	No Cook	-1 Servings	Instructions
Stock Number	Stock Description	Amount 1 Measure 1	+ / -	Amount 2 Measure 2	
2501	CHINTO RICHA 2 LB	1 Pound	+	12 Ounce	
3609	CLINTON 6 CT	1 Ounce	+	9 Gram	
2564	CUCUMBER 45 LB	10 Pound			
2576	ONION GREEN 1/2 CS 24 BUNCH	1 Pound	+	14 Ounce	
1024	SPICE PEPPER RED CRSHD	3 Tbsp	+	1 tsp	
2608	JUICE LEMON FRESH 16/32 OZ	1 Pound	+	9 Ounce	
Cooking Instructions:					
Temperature:	0	Cooking Time:		Hours:	0 Minutes:
Pre-Preparation Instructions					
Source via partnership with the CJA Healthy Kids Collaborative					
1. Wash all vegetables.					
2. Chop cilantro.					
3. Slice cucumber and green onions.					
Preparation Instructions					
1. Place the tomatoes, red pepper flakes, green onions, cilantro, and lemon juice in a large bowl. Mix well.					
2. Add the cucumber slices and fold into the mixture.					
3. Fold in the green onions.					
4. CDP - Hold refrigerated at internal temperature of 40 degrees F. or below for service.					
Serving Instructions:					
Serving = 1/2 cup (2.77oz)					

Food Category:	Salads	Recipe Category:	Side	Recipe Number:	FS017
Serving Size:	CUP	Serving Description:	1/2 Cup (3oz.)		
Recipe Source:	Boulder Valley School District	Process Category:	No Cook	-1 Servings	Instructions
Stock Number	Stock Description	Amount 1 Measure 1	+ / -	Amount 2 Measure 2	
2501	CORN FROZEN 120.5 LB	19 Pound	+	8 Ounce	
2539	PEPPERS Poblano 10 LB	5 Pound	+		
2574	ONION RED 25 LB	2 Pound			
2579	PEPPER RED 25 LB	3 Pound			
2600	CILANTRO 6 CT	8 Ounce			
2609	LIME JUICE 6/32 OZ	1 Cup			
1011	SALT KOSHER	7 Gram			
9605	CILANDER	1 Tbsp			
Cooking Instructions:					
Temperature:	0	Cooking Time:		Hours:	0 Minutes:
Pre-Preparation Instructions					
Source via Boulder Valley School District Food Services					
Onions yield: 88%					
Red Peppers yield: 88%					
1. Deseed all vegetables.					
2. Small dice all vegetables.					
3. Chop cilantro.					
Preparation Instructions					
1. Mix all ingredients together.					
Serving Instructions:					
Serving = 1/2 cup (3oz)					

Food Category:	Sandwich recipes	Recipe Category:	Entree	Recipe Number:	FS045
Serving Size:	Sandwich	Serving Description:	1 Sandwich		
Recipe Source:	Boulder Valley School District	Process Category:	Same Day	-1 Servings	Instructions
Stock Number	Stock Description	Amount 1 Measure 1	+ / -	Amount 2 Measure 2	
1203	FLOUR AP 50 LB	8 Pound	+	9 1/8 Ounce	
1011	SALT KOSHER	1 Tbsp	+		
1102	SPICE PARMESAN DK GRN 1/2 OZ	5 Tbsp	+	2 3/4 tsp	
1003	SPICE PARMESAN GRN 1/2 OZ	7 Tbsp	+	2 3/4 tsp	
1105	SPICE PEPPER ELK TBL CINC 80 OZ	3 3/4 Gram			
3038	CHICKEN RANDON BREAST 4/20 LB	28 Pound	+	9 1/8 Ounce	
1519	BUTTERMILK 1/2 GAL	3 Quart	+	1 1/8 Pint	
1311	OIL OLIVE CANOLA BLEND 10 L	2 3/4 Cup	+		
9310	BUN BURGER WFM DOZ	100 ROLL (2 OZ)			
Cooking Instructions:					
Temperature:	0	Cooking Time:		Hours:	0 Minutes:
Pre-Preparation Instructions					
Source via Boulder Valley School District Food Services					
1. Prepare 2 rolls of flour.					
2. Preheat oven to 400 degrees.					
3. Place the flour in a container of the flour and salt amounts in the recipe.					
4. The second roll will contain all of the spices in the recipe in addition to the remaining flour and salt.					
5. Trim the fat off of the chicken and cut into quarters or thirds depending on the size of the breasts.					
6. Dip each piece of chicken in the flour.					
7. Send on sheetpan - 20 servings per sheetpan.					
8. Reheat crust at 375 degrees to crisp breading and cook until internal temperature is 165 degrees.					
Preparation Instructions					
1. Top the chicken in the first flour bin.					
2. Dip in breading.					
3. Place on sheetpan with parchment.					
4. Repeat steps 1-3.					
5. Bake at 400 degrees for 15 - 20 minutes or until internal temperature is 165 degrees.					
6. Let cool for 10 minutes.					
7. Cut into quarters.					
8. Reheat crust at 375 degrees to crisp breading and cook until internal temperature is 165 degrees.					
Serving Instructions:					
Serving = 1 piece of chicken (about 3oz) on a hamburger bun					

Food Category:	Sandwich recipes	Recipe Category:	Unassigned	Recipe Number:	MB450
Serving Size:	Sandwich	Serving Description:	1 Sandwich		
Recipe Source:	Cook Book	Process Category:	Complex	-1 Servings	Instructions
Stock Number	Stock Description	Amount 1 Measure 1	+ / -	Amount 2 Measure 2	
9022	PORK LEG COMM FRZ 40 LB	9 Pound	+	8 Ounce	

TAP	WATER						
1046	SPICE CUMIN BULK 10 LB						
1011	SALT KOSHER						
1022	SPICE PEPPER BLK 18OZ						
1005	MUSTARD YELL 4/1 GAL						
3041	HAM BUFFET 2/7.5 LB						
1508	CHEESE SWISS 2/8 LB						
3535	BUN BURGER WFM DOZ						
3000	WINE RED YELL 4/1 GAL						
2506	PICKLES 4/1 G						

#### Cooking Instructions

Temperature:	0	Cooking Time:		Hours:	0 Minutes:	0
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#### Pre-Preparation Instructions

Yield Ham 150 oz.

Yield Ham 150 oz.

1. Thaw pork for a few days before cooking under refrigeration.

2. Preheat oven to 300 degrees F.

3. Place 2 defrosted pork roasts per 4" hotel pan.

4. Mix together 1/2 cup each of onions, cat, pepper, & first portion of mustard.

5. Pour over the defrosted pork roasts in hotel pan, filling 1/4 of the way up the pan.

6. Cover with foil.

7. Cook for 4 - 6 hours at 300 degrees F.

8. Shred when pork is still hot.

9. Store shredded meat in the refrigerator overnight.

10. Slice ham into 1/2 oz. slices.

11. Slice cheese into 1/4 oz. slices.

12. Slice onions into 1/4 oz. slices.

13. Slice pepper into 1/4 oz. slices.

14. Slice mustard into 1/4 oz. slices.

15. Slice pickles into 1/4 oz. slices.

16. Slice red wine into 1/4 oz. slices.

17. Slice onions into 1/4 oz. slices.

18. Slice pepper into 1/4 oz. slices.

19. Slice mustard into 1/4 oz. slices.

20. Slice pickles into 1/4 oz. slices.

21. Slice red wine into 1/4 oz. slices.

22. Slice onions into 1/4 oz. slices.

23. Slice pepper into 1/4 oz. slices.

24. Slice mustard into 1/4 oz. slices.

25. Slice pickles into 1/4 oz. slices.

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211. Slice red wine into 1/4 oz. slices.

212. Slice onions into 1/4 oz. slices.

213. Slice pepper into 1/4 oz. slices.

214. Slice mustard into 1/4 oz. slices.

215.

9004	CHEESE CHED SHRED 30 LB		2 Pound	+	4 2/3 Ounce			
<b>Cooking Instructions</b>								
Temperature:	0							
<b>Pre-Preparation Instructions</b>								
Recipe Source: Boulder Valley School District Food Services								
1. Gather Cheese Sauce Ingredients together: BUTTER SOLID UNSLT HORseradish CHEESE CHED SHRED (First amount) SALT PEPPER 2. Make the cheese sauce: a. Heat butter until melted, then add flour. Whisk until a blonde roux is reached. b. Whisk in the cheese and horseradish with 0.5 oz salt (second salt amount) into each hotel pan with the 4lb of pasta. c. Once a thick bechamel sauce is achieved, whisk in cheese and seasoning. 3. If preparing and serving same - day, preheat oven to 350 degrees F. 4. After 15 minutes, uncover and add 8oz of cheddar cheese (using second cheese amount) per pan on top.								

<b>Preparation Instructions</b>								
1. Boil water and cook pasta for 2 - 3 minutes. 2. Drain pasta. 3. Portion 4 lb cooked pasta per hotel pan. 4. Add 1/2 cup of cheese sauce per pan with 0.5 oz salt (second salt amount) into each hotel pan with the 4lb of pasta. 5. Cover the pasta with parchment foil. 6. If preparing and serving same - day, preheat oven to 350 degrees or in a steamer until an internal temperature of 165 is reached. 7. After 15 minutes, uncover and add 8oz of cheddar cheese (using second cheese amount) per pan on top.								
8. Return to the oven and allow the cheese topping to melt for another 15 minutes. Note: If sending out or preparing ahead of time, Cool, cover, and store meat and cheese after step #4. On day of service, following cooking instructions #5 - 8 above.								
<b>Serving Instructions</b>								
1 Hotel Pan = 30 servings Serving = 3/4 Cup (5.7oz.)								

<b>Pork Green Chili Burrito</b>								
<b>Food Category:</b>	Entrees	<b>Recipe Category:</b>	Entree			<b>Recipe Number:</b>	F5041	
<b>Serving Size:</b>	Each	<b>Serving Description:</b>	1 Burrito					
<b>Recipe Source:</b>	Boulder Valley School District	<b>Process Category:</b>	Same Day					
<b>Stock Number Stock Description</b>		<b>Amount 1 Measure 1</b>		<b>-1 Servings</b>		<b>Amount 2 Measure 2</b>		<b>Instructions</b>
2500 BEANS BLACK 6/10		6 Pound				12 Ounce		
2600 CILANTRO 6 CT		1 BUNCH						
3060 PORK BUTT 60 LB AVG		6 Pound				10 Ounce		
1011 SALT KOSHER		2 Ounce						
1105 SPICE PEPPER BLK TBL ORG 80 OZ		14 oz Green						
3516 PEPPERS CHILI DICE 6/10		3 Round				3 Ounce		
1046 SPICE CUMIN BULK 10 LB		8 Tbsp						
1102 SPICE CHILI POW DK ORG 20 OZ		2 Ounce						
TAP WATER		1 Cup				1 2/3 Fl Oz		
1533 RICE BROWN 25 LB		2 Pound						
TAP WATER		1 Quart				7 1/8 Fl Oz		
9004 CHEESE CHED SHRED 30 LB		4 Pound						
2504 PEPPER RED KST 12/28 OZ		3 Pound				3 Ounce		
3542 TORTILLA 9" WG 12/12 CT		100 TORT 9"						
<b>Cooking Instructions</b>		<b>Cooking Time:</b>		<b>Hours:</b>		<b>0 Minutes:</b>		0
Temperature:	0							
<b>Pre-Preparation Instructions</b>								
Recipe Source: Boulder Valley School District Food Services								
Diced black beans yield: 50% Rice yield: 60% Pork yield: 60%								
1. Drain and rinse black beans. 2. Drain and rinse rice. 3. Thaw pork under refrigeration for 24 - 48 hours. 4. Preheat oven to 325 degrees F.								

<b>Preparation Instructions</b>								
1. Place pork in a deep roasting pan. 2. Season with salt and pepper. 3. Add diced green chiles, corn, salsa picante, onions, and water. 4. Add a layer of cheese on top. 5. Add water as needed. 6. Wrap pork in cooking foil and rice with water.								
7. Cook in a preheated steamer for 60 minutes and then cool completely. Set aside until pork is finished.								
8. Remove pork from hotel pan and shred the pork. Reserve braising liquids and ingredients from pork.								
9. Add 1/2 cup of salsa to the braising liquid and mix well.								
10. Add 1/2 cup of cheese to the braising liquid and add to the mix.								
11. Strain the green chiles from the braising liquid and add to the mix.								
12. Mix all ingredients together and stuff tortilla with the filling that will hold together lightly when pressed in your hand.								
13. Using a #8 disher, place one scoop onto a 9 inch whole wheat tortilla and roll into a burrito.								
14. Repeat steps 13 until all filling is used.								
15. Reheat burritos covered at 350 degrees for about 20 minutes or until the internal temperature reaches 165 degrees.								

<b>Serving Instructions</b>								
Serving = 1 Burrito								
<b>SIDE BLACK BEANS</b>								
<b>Food Category:</b>	Vegetable recipes	<b>Recipe Category:</b>	Unassigned			<b>Recipe Number:</b>	S5113	
<b>Serving Size:</b>	Ounces	<b>Serving Description:</b>	1/4 Cup (2oz.)					
<b>Recipe Source:</b>	Boulder Valley School District	<b>Process Category:</b>	No Cook					
<b>Stock Number Stock Description</b>		<b>Amount 1 Measure 1</b>		<b>-1 Servings</b>		<b>Amount 2 Measure 2</b>		<b>Instructions</b>
2500 BEANS BLACK 6/10		21 Pound						
2009 LIME JUICE 6/32 OZ		4 Ounce						
3010 SALT KOSHER 4/1 GAL		9 Ounce						
1046 SPICE CUMIN BULK 10 LB		1 Tbsp				3/4 tsp		
1011 SALT KOSHER		1 Tbsp						
<b>Cooking Instructions</b>		<b>Cooking Time:</b>		<b>Hours:</b>		<b>0 Minutes:</b>		0
Temperature:	0							
<b>Pre-Preparation Instructions</b>								
Black beans yield: 50% Salt yield: 50% 1. Drain and rinse black beans.								
<b>Preparation Instructions</b>								
1. Mix all ingredients with beans.								
<b>Serving Instructions</b>								
Serving = 1/4 Cup (2oz.)								

<b>SIDE MEXICAN RICE</b>								
<b>Food Category:</b>	Grams	<b>Recipe Category:</b>	Unassigned			<b>Recipe Number:</b>	S2798	
<b>Serving Size:</b>	Ounces	<b>Serving Description:</b>	1/2 Cup (4oz.)					
<b>Recipe Source:</b>	Boulder Valley School District	<b>Process Category:</b>	Same Day					
<b>Stock Number Stock Description</b>		<b>Amount 1 Measure 1</b>		<b>-1 Servings</b>		<b>Amount 2 Measure 2</b>		<b>Instructions</b>
3533 RICE BROWN 25 LB		6 Pound				6 Ounce		
TAP WATER		1 Gal				1 1/2 Quart		
1010 SALSA MEDIUM RED 4/1 GAL		7 Pound				6 1/4 Ounce		

<b>Cooking Instructions</b>	0	<b>Cooking Time:</b>	Hours: 0	Minutes: 0	0
<b>Temperature:</b>					
<b>Preparation Instructions:</b>					
<p>Put rice in bowl of rice cooker. Ratio = 1 part rice to 1 part water.</p> <p>2. Stir well and cover with lid.</p> <p>3. Turn on rice cooker until rice cooker indicates that it's ready.</p> <p>Note: Alternatively, combine rice and water in hotel pans and cook in steamer until tender, about 20 - 30 minutes.</p> <p>4. Once the rice is cooked, transfer rice to hotel pans, 7½ oz per pan.</p> <p>5. Keep warm until ready to serve.</p>					
<b>Serving Instructions:</b>					
Serving = ½ Cup (Net.)					