

# Fiesta Rice & Beans Bowl



**THE HUMANE SOCIETY**  
OF THE UNITED STATES

ADAPTED FROM SARASOTA COUNTY SCHOOLS  
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS

## Process # 2 – Same Day Service

### YIELD:

### 50 Servings

### 100 Servings

Ingredients	Weight	Measure	Weight	Measure
Rice, Brown, dry	3 lb 2 oz		6 lb 4 oz	
Water		2 ½ qt		1 gal 1 qt
Corn, frozen	4 lb 8 oz		9 lb 4 oz	
Salsa, canned	6 lb 10 oz	1-#10 can 3 qt + 1 ¼ cups	13 lb 4 oz	2-#10 cans 1 ½ gal + 2 ½ cups
Black beans, canned, drained	14 lb 1 oz	4 - #10 can	28 lb 2 oz	8 - #10 can
Taco seasoning		1 cup		2 cups
Corn Tortilla Chips, minimum 1 ounce equivalent grain, individual bags <b>OR</b>		50 each		100 each
Corn Tortilla Chips, bulk	3 lb 2 oz		6 lb 4 oz	
Optional Garnish: Black olives, drained	1 lb 12 oz	½ - #10 can	3 lb 8 oz	1 - #10 can

*HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.*

## Preparation

1. Prepare rice by combining with water cook. Fluff. Place in warmer until service.

\*Recommended cooking method: Steam or bake, covered for approximately 15 minutes. Alternative cooking method: Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.

*HACCP Critical Control Point: Hold at 135°F or higher.*

2. Combine corn, black beans, salsa and taco seasoning in tilt skillet or steamer, heating thoroughly, about 20 minutes. Transfer to serving pan and keep warm until service.

*HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.*

*HACCP Critical Control Point: Hold at internal temperature of 135°F or above.*

*HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.*



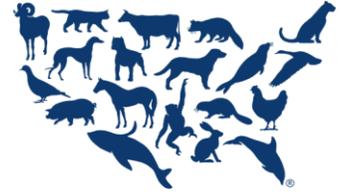
## Serving Information

Portion 1 - #8 scoop (1/2 cup) of rice in a bowl and top with 2 - #8 scoops (1 cup) of bean mixture. Garnish with 1 Tbsp olives and a pinch of fresh cilantro. Serve tortilla chips on the side.

Each serving provides 2 meat/meat alternates, 2 oz equivalent grains, ¼ cup starchy vegetable and 1/8 cup red/orange vegetable.

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## **Nutrition Information** \*From USDA Nutrient Database

Calories: 411 Total Fat: 5g Saturated Fat: 0.5g Carbohydrate: 77g (14g Fiber) Protein: 15g Sodium: 673mg