

# Southwest Sweets, Bean & Quinoa Shaker



THE HUMANE SOCIETY  
OF THE UNITED STATES

ADAPTED FROM INHARVEST FOODSERVICE  
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 7 oz		6 lb 14 oz	
Quinoa, dry	3 lb 2 oz		6 lb 45 oz	
Water		1 ½ gal		3 gal
Lime Juice		1 pint		1 quart
Cumin		¼ cup		½ cup
Salt		2 Tbsp		¼ cup
Pepper		3 Tbsp		1/3 cup + 1 Tbsp
Corn, frozen, thawed	4 lb 8 oz		9 lb 4 oz	
Cilantro, fresh or Cilantro, dried		2 cups 2/3 cup		4 cups 1 1/3 cup
Black beans, canned, drained	14 lb 9 oz	3 ¾ - #10 cans 1 ¾ gal + 1 ½ cups	29 lb 2 oz	7 ½ - #10 cans 3 ½ gal + 3 cups
Tomatoes, diced <b>OR</b>		5 lb 12 oz		11 lb 8 oz
Sweet Potato, fresh, small cubes or Sweet Potato, frozen, center cuts, diced		5 lb 8 oz 5 lb 4 oz		11 lb 10 lb 8 oz
Salsa, canned		2 ¼ -#10 cans 1 ¾ gal + 1 pint		5 ½ -#10 cans 3 ¾ gal

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

## Preparation

### Day Before:

1. Prepare rice and quinoa by combining with water and cook. Fluff.

\*Recommended cooking method: Steam or bake, covered for approximately 15 minutes or until water is absorbed. 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.

2. Cool rice completely.

HACCP Critical Control Point: Cool to 41°F or lower within 4 hours.

3. Add lime juice, cumin, cilantro, salt, and pepper to rice. Mix thoroughly and store in cooler overnight.

3. If using sweet potatoes instead of tomatoes: Roast sweet potatoes the day before.

\*For fresh sweet potatoes: Cut potatoes into quarters lengthwise, then 3-4 times crosswise into approximately 1" cubes. If Manhart is available, use the S14 and D22 blades to process the potatoes into approximately 1" cubes.

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Place potato pieces on parchment lined baking sheets and bake at 375°F for 30-45 minutes or until soft, caramelized, and slightly browned. Potatoes should **not** be mushy. Cool completely and store in airtight container in cooler overnight.

*HACCP Critical Control Point: Cool to 41°F or lower within 4 hours.*

## Day of:

3. Combine drained black beans and fresh cilantro in a bowl. Set aside.

4. Layer ingredients into 16-oz. cup as follows:

- 1 cup rice and quinoa blend
- ¼ cup diced tomatoes or roasted sweet potatoes
- ½ cup black bean and cilantro mixture
- ¼ cup corn

5. Cover the cup with lid.

6. Portion ½ cup salsa or prepared salad dressing in appropriate sized soufflé cups.

*HACCP Critical Control Point: Hold at internal temperature of 41°F or below.*

## Serving Information

Serve salad shaker with salsa cup or prepared salad dressing. For best results, have customer remove lid from the cup and pour dressing in. Place lid back on cup and shake the salad until ingredients are mixed.

Each serving provides 2 meat/meat alternates, 2 oz equivalent grains, ¼ cup starchy vegetable and ¾ cup red/orange vegetable. **This salad shaker qualifies as a reimbursable meal.**

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

*\*Sodium content may vary if using reduced-sodium products*

Calories: 445 Total Fat: 4g Saturated Fat: 1g Carbohydrate: 90g (14g Fiber) Protein: 17g Sodium: 654mg