Sweet Potato and Black Bean Stew

Meal Components: Meat Alternate-Legume Vegetable-Dark Green Vegetable-Red/Orange Vegetable-Other Vegetable **Soups H-08r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Dried New Mexican chili peppers, whole		6		12	1. In a roasting pan/square head pan (20 7/8" x 17 3/8" x 7") on top of stove, sauté chili peppers and onions in oil for 2-3 minutes.
*Fresh onions, diced	3 lb 2 oz	2 qt 3 cups	6 lb 4 oz	1 gal 1 qt	
Vegetable oil		1 cup	1 lb	2 cup	
Ground cumin		3 Tbsp		¼ cup 2 Tbsp	2. Add cumin and sauté for 2 minutes.
*Fresh sweet potatoes, peeled, cubed ½"	6 lb	1 gal 1 qt	12 lb	2 gal 2 qt	3. Add sweet potatoes, black beans, orange juice, and stock. Bring to a boil.
Canned low-sodium black beans, drained, rinsed OR *Dry black beans, cooked (See Notes Section)	24 lb 4 oz OR 24 lb 4 oz	2 gal 2 ⅔ qt (6 No. 10 cans) OR 2 gal 2 ⅔ qt	48 lb 8 oz OR 48 lb 8 oz	5 gal 1 ⅓ qt (12 No. 10 cans) OR 5 gal 1 ⅓ qt	
Orange juice		1 qt 2 cups		3 qt	
Low-sodium chicken stock		2 qt		1 gal	4. Cover and reduce heat to low. Simmer for 20 minutes or until potatoes are tender.
Red wine vinegar		½ cup		1 cup	5. Remove chilies and discard. Add vinegar, salt, pepper, and Swiss chard. Cover. Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
Salt		2 tsp		1 Tbsp 1 tsp	
Ground black pepper		2 tsp		1 Tbsp 1 tsp	
*Fresh Swiss chard, no stems, chopped ½" OR Frozen Swiss chard, chopped	2 lb OR 1 lb 8 oz	2 qt 2 cups OR 1 qt ½ cup	4 lb OR 3 lb	1 gal 1 qt OR 2 qt 1 cup	
					6. Critical Control Point: Hold for hot service at 135 °F or higher. 7. Portion with 8 fl oz ladle (1 cup).

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Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.
QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.
COOKING BEANS
Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.
Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.

OR

Chill for later use.
Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.
1 lb dry black beans = about 2 ¼ cups dry or 4 ½ cups cooked beans.

In place of the New Mexican Chilies use California, Anaheim, or Ancho chilies. If using powdered chili use Ancho Chili Powder and use 1 Tbsp per chili.

Marketing Guide

Food as Purchased for	50 Servings	100 Servings
Mature onions	3 lb 9 oz	7 lb 2 oz
Sweet potatoes	7 lb 8 oz	15 lb
Dry black beans	9 lb 6 oz	18 lb 12 oz
Swiss chard	2 lb 2 oz	4 lb 4 oz

Nutrients Per Serving

Calories	222.48	Saturated Fat	0.34 g	Iron	3.95 mg
Protein	10.35 g	Cholesterol	0 mg	Calcium	103.07 mg
Carbohydrate	43.48 g	Vitamin A	8847.71 IU (442.39 RAE)	Sodium	578.59 mg
Total Fat	4.43 g	Vitamin C	25.75 mg	Dietary Fiber	12.25 g

Serving	Yield	Volume
1 cup (8 fl oz ladle) provides: **Legume as Meat Alternate:** 3 oz equivalent meat alternate, ⅛ cup dark green vegetable, ¼ cup red/orange vegetable, and ¼ cup other vegetable. OR **Legume as Vegetable:** ¾ cup legume vegetable, ⅛ cup dark green vegetable, ¼ cup red/orange vegetable, and ¼ cup other vegetable. *Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.*	50 Servings: about 32 lb 100 Servings: about 65 lb 8 oz	50 Servings: about 4 gallons 100 Servings: about 8 gallons