

Breakfast Bowl

Start your day off right with this delicious breakfast bowl featuring savory roasted potatoes, hearty black beans, fluffy scrambled eggs, and a zesty salsa for an extra kick of flavor.

CACFP Crediting Information:

1 bowl provides 1 cup vegetable (½ cup beans, peas, and lentils, ½ cup starchy vegetable), 2 oz eq meat/meat alternate.



Preparation Time: 30 minutes
Cooking Time: 25 minutes
Makes: 6 servings

Ingredients

1 lb 4 oz or 3 ½ cups potatoes, white, diced, no salt added, frozen, thawed

1 Tbsp salt-free seasoning

1 ½ tsp granulated garlic

½ tsp black pepper

⅛ tsp salt

2 Tbsp olive oil

2 cups black beans, canned, low-sodium, rinsed, drained

½ tsp cumin, ground

¼ tsp garlic, granulated

¼ tsp onion powder

3 eggs, fresh or 6 oz liquid eggs

¼ cup non-fat milk

⅛ tsp salt

1 ½ oz low-fat cheddar cheese, shredded

6 Tbsp salsa, canned, low sodium

Directions

- 1 Preheat oven to:
 Conventional oven: 350 °F.
 Convection oven: 325 °F.
 Place potatoes into a large baking pan (9" x 13" x 2 ½").
- 2 In a small bowl combine salt-free seasoning, granulated garlic, pepper, and salt. Stir well.
- 3 Drizzle potatoes with olive oil and toss to coat the potatoes. Sprinkle seasoning blend over potatoes and stir to distribute the spices. Roast the potatoes in the preheated oven until fork tender and slightly browned.
Critical Control Point:
 Heat to 140 °F or higher.
 Hold for hot service at 140 °F or higher. Save for step 7.
- 4 Place black beans in a saucepan. Add the cumin, granulated garlic, and onion powder. Place saucepan over medium heat and cook black beans for 5-10 minutes.
Critical Control Point:
 Heat to 140 °F or higher.
 Hold for hot service at 140 °F or higher.
 Save for step 7.
- 5 In a large mixing bowl combine eggs, milk, and salt. Stir well.
- 6 Spray a large skillet with a pan release spray and heat over medium-high heat. Add eggs, scramble quickly, remove from heat. Save for step 7.
Critical Control Point:
 Heat to 160 °F or higher.
Critical Control Point:
 Hold at 140 °F or higher until served.

NUTRITION INFORMATION

For 1 bowl

NUTRIENTS	AMOUNT
Calories	247
Total Fat	9 g
Saturated Fat	3 g
Cholesterol	111 g
Sodium	321 mg
Total Carbohydrate	30 g
Dietary Fiber	7 g
Total Sugars	2 g
Added Sugars	N/A
Protein	12 g
Vitamin A	292 IU
Vitamin C	3 mg
Calcium	70 mg
Iron	3 mg

N/A=no information available

Directions continued...

- 7** Assembly:
 - a. Use a 4 oz spoodle to portion ½ cup roasted potatoes into each serving bowl.
 - b. Use a #24 scoop to portion 1 oz scrambled eggs into each bowl.
 - c. Use a #12 scoop to portion ⅓ cup black beans into each bowl.
 - d. Top each bowl with 1 tablespoon of shredded cheese.
 - e. Garnish with 1 tablespoon salsa in center of bowl. Serve 1 bowl.

NOTES

The food safety temperatures are based on Federal consumer food safety guidance. Some information may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.

Source:

USDA Standardized Recipe Project - 2024