



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.

Preparation Time: 25 minutes

Cook Time: 30 minutes

NSLP/SBP Crediting Information:

Crediting beans, peas, and lentils as vegetables: 1 bowl provides 1 cup vegetable ($\frac{1}{8}$ cup additional vegetable, $\frac{3}{8}$ cup beans, peas, and lentils, $\frac{1}{2}$ cup starchy vegetable), 2 oz eq meat/meat alternate.

Crediting beans, peas, and lentils as meat/meat alternate: 1 bowl provides $\frac{5}{8}$ cup vegetable ($\frac{1}{8}$ cup additional vegetable, $\frac{1}{2}$ cup starchy vegetable), 3 oz eq meat/meat alternate.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Potatoes, white, diced, no salt added, frozen, thawed	12 lbs	1 gal 3 qts 2 cups	24 lbs	3 gal 3 qts	1 Preheat oven to: Conventional oven: 350 °F Convection oven: 325 °F Place potatoes into a full-size 2-inch steam table pan (12" x 20" x 2 1/2"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. 2 In a small bowl combine salt-free seasoning, granulated garlic, black pepper, and salt. Stir well.
Salt-free seasoning		1/2 cup		1 cup	
Garlic, granulated		2 Tbsp 2 tsp		1/4 cup 1 Tbsp 1 tsp	
Black pepper, ground		1 tsp		2 tsp	
Salt		1 tsp		2 tsp	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Oil, olive		1 cup		2 cup	3 Drizzle potatoes with olive oil (½ cup per pan) and toss to coat the potatoes. Sprinkle seasoning blend over potatoes (dividing evenly between each pan) and stir to distribute the spices. Roast the potatoes in the preheated oven until fork tender and slightly browned: 15 minutes for conventional oven, 10 minutes for convection oven. Critical Control Point: Heat to 135 °F or higher. Hold for hot service at 135 °F or higher. Save for step 8.
Beans, black, canned, low-sodium, rinsed, drained	7 lbs 8 oz	1 gal 2 cups	15 lbs	2 gal 1 qt	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 135 °F or higher. Hold for hot service at 135 °F or higher. Save for step 8.
Cumin, ground		2 tsp		1 Tbsp 1 tsp	
Garlic, granulated		1 tsp		2 tsp	
Onion powder		1 tsp		2 tsp	
Whole eggs, liquid, frozen, thawed	3 lbs 8 oz	1 qt 3 cups	7 lbs	3 qt 2 cups	5 In large mixing bowl combine eggs, milk, and salt. Stir well.
Non-fat milk		2 cups		1 qt	6 Lightly coat a full-size 2-inch steamtable (12" x 20" x 2 ½") with pan-release spray. Pour 1 qt ½ cup egg mixture into each pan. For 50 servings, use 2 pans. For 100 servings, use 4 pans.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Salt		1 tsp		2 tsp	7 Bake: Conventional oven: 350 °F for 20 minutes. Stir once after 15 minutes. Convection oven: 325 °F for 15 minutes. Stir once after 10 minutes. Steamer: 5 lb pressure for 3-5 minutes. Do not overcook. Critical Control Point: Heat to 155 °F for 17 seconds. Remove from oven or steamer. Stir well. Eggs should have a slightly moist appearance. Critical Control Point: Hold for hot service at 135 °F or higher.
Cheese, cheddar, low-fat, shredded	12 ½ oz	3 cups 2 Tbsp	1 lb 9 oz	1 qt 2 ¼ cups	8 Assembly: a. Use a 4 oz spoodle to portion ½ cup roasted potatoes into each serving bowl. b. Use a #24 scoop to portion about 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 shredded cheese. e. Garnish with 1 tablespoon salsa. Serve 1 bowl.
Salsa, low sodium, canned	1 lb 12 oz	3 cups 2 Tbsp	3 lbs 8 oz	1 qt 2 ¼ cups	

NUTRITION INFORMATION

For 1 bowl

NUTRIENTS	AMOUNT
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Calories	267
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Total Fat	9 g
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Saturated Fat	3 g
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Cholesterol	123 mg
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Sodium	314 mg
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Total Carbohydrate	34 g
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Dietary Fiber	7 g
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Total Sugars	2 g
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Added Sugars	N/A
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Protein	12 g
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Vitamin A	307 IU
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Vitamin C	2 mg
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Calcium	65 mg
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Iron	2 mg
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N/A=no information available

NOTES

The food safety temperatures are based on the FDA Food Code. Some information included 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.

Cooking Process #2: Same Day Service.

YIELD/VOLUME
50 Servings
100 Servings

About 50 bowls

About 100 bowls

Source:

USDA Standardized Recipes Project - 2024