



Tex Mex Bowl

Layers of Southwest flavors on top of a hearty rice base.

Recipe Project Name: Fiscal Year 2021 Cohort B Team Nutrition Training
 Grant for School Meal Recipe Development
 Louisiana Department of Education, Calcasieu Parish Schools

Preparation Time: 1 hour

Cook Time: 1 hour

NSLP/SBP crediting information:

1 cup (No. 4 scoop) provides 2 oz eq meat/meat alternate, 2 oz eq grains, 1/8 cup beans/peas (legumes), 1/8 cup starchy vegetable, and 1/8 cup additional vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chicken, strips, cooked, unseasoned, frozen	4 lb 12 oz		9 lb 8 oz		1. Thaw chicken under refrigeration. Critical Control Point: Hold at or below 41 °F.
Rice, brown, long grain, uncooked	6 lb 8 oz	1 gal	13 lb	2 gal	2. Prepare steamed brown rice according to school recipe and hold hot until time to build the Tex Mex Bowl. Critical Control Point: Heat to 135 °F or higher. Hold for hot service at 135 °F or higher.
Oil, vegetable		1/4 cup		1/2 cup	3. Preheat convection oven to 350 °F.
Chili powder, divided		2 Tbsp 1 tsp		1/4 cup 2 tsp	4. In a mixing bowl, add vegetable oil, cumin, cayenne pepper, divided chili powder, divided granulated garlic, divided onion powder, divided paprika, and divided black pepper. Whisk to combine.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>For 50 servings, use 2 Tbsp chili powder, 1 Tbsp granulated garlic, 1 Tbsp onion powder, 1 Tbsp paprika, and 1 tsp black pepper.</p> <p>For 100 servings, use ¼ cup chili powder, 2 Tbsp granulated garlic, 2 Tbsp onion powder, 2 Tbsp paprika, and 2 tsp black pepper.</p>
Cumin, ground, divided		1 Tbsp ½ tsp		2 Tbsp 1 tsp	5. Pour the oil mixture over thawed chicken. Using freshly gloved hands, toss well to coat chicken evenly with seasoning.
Garlic, granulated, divided		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Onion powder, divided		1 Tbsp ½ tsp		2 Tbsp 1 tsp	
Paprika, divided		1 Tbsp ½ tsp		2 Tbsp 1 tsp	
Pepper, black, ground, divided		1 ½ tsp		1 Tbsp	
Pepper, cayenne		½ tsp		1 tsp	
Beans, black, canned, low sodium, drained		About 1 No. 10 can		About 2 No. 10 cans	<p>6. Drain and rinse canned black beans and transfer to a mixing bowl.</p> <p>7. Sprinkle beans with remaining chili powder, granulated garlic, paprika, cumin, onion powder, and black pepper. Gently stir/fold to distribute seasonings.</p> <p>For 50 servings, use 1 tsp chili powder, 1 tsp granulated garlic, ½ tsp paprika, ½ tsp cumin, ½ tsp onion powder, and ½ tsp black pepper.</p> <p>For 100 servings, use 2 tsp chili powder, 2 tsp granulated garlic, 1 tsp paprika, 1 tsp cumin, 1 tsp onion powder, and 1 tsp black pepper.</p>



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Corn, canned, low sodium, drained		About 1 No. 10 can		About 2 No. 10 cans	<p>8. Drain corn.</p> <p>9. Spray two 4-inch full-size pans with pan release. Build the Tex Mex Bowl. For <u>each</u> 4-inch full-size pan of hot cooked rice, layer:</p> <ul style="list-style-type: none"> • ½ #10 can (1 qt + 1 cup) seasoned black beans • ½ #10 can (1 qt + 1 cup) drained corn • 2 lb + 6 oz seasoned chicken strips <p>10. Cover pan(s) with aluminum foil and bake for approximately 30-40 minutes.</p> <p>Critical Control Point: Heat to 135 °F or higher.</p>
Cheese, cheddar, reduced fat, shredded	2 lb		4 lb		<p>11. Remove foil from pan(s) and top each pan with 16 oz of shredded cheddar.</p> <p>Critical Control Point: Hold for hot service at 135 °F or higher.</p> <p>12. Serve 1 cup using a No. 4 scoop or two ½ cup servings using a No. 8 scoop.</p>

TEX MEX BOWL
NUTRITION INFORMATION

For 1 cup (No. 4 scoop)

NUTRIENTS	AMOUNT
Calories	337
Total Fat	11.45 g
Saturated Fat	4.17 g
Cholesterol	60 mg
Sodium	411 mg
Total Carbohydrate	42.5 g
Dietary Fiber	5 g
Total Sugars	1.9 g
Added Sugars included	N/A
Protein	19.2 g
Vitamin A	64 mcg RAE
Vitamin C	3 mg
Vitamin D	N/A
Calcium	24 mg
Iron	1.94 mg
Potassium	N/A

N/A=data not available.

NOTES

Frozen, thawed corn may be substituted for canned.

The food safety temperatures are based on the FDA Food Code. Some information included in this guide 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 24 lb 4 oz	About 48 lb 8 oz
About 3 gal 2 ¾ cups	About 6 gal 1 qt 1 cup

SOURCE:

FY 2021 Cohort B Team Nutrition Training Grant