

Sweet Potato and Black Bean Stew

Meal Components: Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Other Vegetable

Soups H-08r

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Dried New Mexican chili peppers, whole		3		6	1. Sauté chili peppers and onions in oil for 2-3 minutes. For 25 servings, use a large stockpot. For 50 servings, use a roasting pan/square head pan (20 7/8" x 17 3/8" x 7") on top of stove.
*Fresh onions, diced	1 lb 9 oz	1 qt 1 1/2 cups	3 lb 2 oz	2 qt 3 cups	
Vegetable oil		1/2 cup		1 cup	2. Add cumin and sauté for 2 minutes.
Ground cumin		1 1/2 Tbsp		3 Tbsp	
*Fresh sweet potatoes, peeled, cubed 1/2"	3 lb	2 qt 2 1/4 cups	6 lb	1 gal 1 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)	12 lb 2 oz OR 12 lb 2 oz	1 gal 1 1/3 qt (3 No. 10 cans) OR 1 gal 1 1/3 qt	24 lb 4 oz OR 24 lb 4 oz	2 gal 2 2/3 qt (6 No. 10 cans) OR 2 gal 2 2/3 qt	4. Cover and reduce heat to low. Simmer for 20 minutes or until potatoes are tender.
Orange juice		3 cups		1 qt 2 cups	
Low-sodium chicken stock		1 qt		2 qt	5. Remove chilies and discard. Add vinegar, salt, pepper, and Swiss chard. Cover. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
Red wine vinegar		1/4 cup		1/2 cup	
Salt		1 tsp		2 tsp	6. Critical Control Point: Hold for hot service at 135 °F or higher.
Ground black pepper		1 tsp		2 tsp	
*Fresh Swiss chard, no stems, chopped 1/2" OR Frozen Swiss chard, chopped	1 lb OR 12 oz	1 qt 1 cup OR 2 1/4 cups	2 lb OR 1 lb 8 oz	2 qt 2 cups OR 1 qt 1/2 cup	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	25 servings	50 servings
Mature onions	1 lb 13 oz	3 lb 10 oz
Sweet potatoes	3 lb 12 oz	7 lb 8 oz
Dry black beans	4 lb 11 oz	9 lb 6 oz
Swiss chard	1 lb 1 oz	2 lb 2 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	Sodium	578.59 mg
Total Fat	4.43 g		(442.39 RAE)	Dietary Fiber	12.25 g
		Vitamin C	25.75 mg		

Serving	Yield	Volume
1 cup (8 fl oz ladle) provides:	25 Servings: about 16 lb 8 oz	25 Servings: about 2 gallons
Legume as Meat Alternate: 3 oz equivalent meat alternate, ¼ cup red/orange vegetable, and ¼ cup other vegetable.	50 Servings: about 32 lb	50 Servings: about 4 gallons
OR		
Legume as Vegetable: ¾ cup legume vegetable, ¼ cup red/orange vegetable, and ¼ cup other vegetable.		
<i>Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.</i>		