

Mexicali Corn

Vegetable

Vegetables

I-15

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned liquid pack whole kernel corn, drained OR Frozen whole kernel corn	2 lb 1 oz OR 1 lb 14 oz	1 qt 1 ⅓ cups (½ No. 10 can) OR 1 qt 1 ¼ cups	4 lb 2 oz OR 3 lb 12 oz	2 qt 2 ⅔ cups (1 No. 10 can) OR 2 qt 2 ½ cups	<p>1. Combine corn, green peppers, and onions.</p> <p>2. To Heat: Place corn mixture in stock pot. For 25 servings, add 1 cup water. For 50 servings, add 2 cups water. Heat, uncovered. Drain. Pour into pans (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p> <p>3. Add pimientos, butter or margarine, Chili powder, cumin, paprika, and onion powder. Stir lightly.</p> <p>4. CCP: Hold at 140° F or warmer.</p> <p>Portion with No. 16 scoop (¼ cup).</p>
*Fresh green pepper, finely chopped	6 ½ oz	1 ¼ cups	13 oz	2 ½ cups	
*Fresh onions, chopped OR Dehydrated onions	3 oz	½ cup OR ¼ cup	6 oz	1 cup OR ½ cup	
Canned pimientos, chopped		2 Tbsp 2 tsp	3 oz	¼ cup 1 Tbsp	
Margarine or butter		2 Tbsp	2 oz	¼ cup	
Chili powder		½ tsp		1 ¼ tsp	
Ground cumin		¾ tsp		¾ tsp	
Paprika		¼ tsp		½ tsp	
Onion powder		¼ tsp		½ tsp	

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Green peppers	9 oz	1 lb 2 oz
Mature onions	4 oz	8 oz

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SERVING:	YIELD:	VOLUME:
¼ cup (No. 16 scoop) provides ¼ cup of vegetable.	25 Servings: 2 lb 9 ½ oz 50 Servings: 5 lb 3 oz	25 Servings: 1 quart 2 ¼ cups 50 Servings: 3 quarts ½ cup
Edited 2014		

Nutrients Per Serving			
Calories	43	Saturated Fat	0.25 g
Protein	1.13 g	Cholesterol	0 mg
Carbohydrate	7.89 g	Vitamin A	220 IU
Total Fat	1.33 g	Vitamin C	9.8 mg
		Iron	0.42 mg
		Calcium	4 mg
		Sodium	92 mg
		Dietary Fiber	0.9 g