



Recipe Name: Bean Tostada

File No:

Grade Group (s): K-8, 9-12	<u>HACCP Process</u> <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 50	
Portion Size: 2 each	
Serving Utensil:	
Servings Per Pan:	

Recipe Adapted From:

USDA ICN Recipe Box



Ingredients	Weight	Measure	Procedure
Beans, Pinto, Canned, Drained, Rinsed USDA #100365		2 - #10 cans	1. Add beans, onions, peppers, and spices to a large food processor. 2. On medium speed, slowly add the water into the processor, about 1-2 minutes until mixture has a smooth consistency. 3. Place pureed bean mixture and tomato paste in a large stock pot. Cook over medium heat, covered, for 15 minutes. Stir occasionally. CCP: Heat to 165°F for at least 15 seconds. 4. Remove from the heat and add cilantro, mix gently. CCP: Hot hold for service at 135°F or higher. 5. For topping: combine the lettuce and tomatoes, toss lightly. Assemble per serving: 6. On two parchment paper lined sheet pans, place tostadas in a single layer. 7. Top each with a #16 scoop (¼ cup) of bean mixture. 8. Using a #10 scoop (~⅔ cup), divide equally between two tostadas, about 1½ oz of the lettuce tomato mixture. 9. Using a rounded #30 scoop, divide equally, about 1 Tbsp or ½ oz shredded cheese for each tostada.
Onion, Raw, Chopped		1 qt 3½ cups	
Peppers, Bell, Green, Raw, Diced		3 cups	
Cumin, Ground		2 Tbsp	
Chili Powder		1 Tbsp 1½ tsp	
Paprika		1½ tsp	
Onion Powder		1½ tsp	
Salt		1 tsp	
Garlic Powder		1 Tbsp 1½ tsp	
Pepper, Ground, Black		2 tsp	
Water		1 qt	
Tomato Paste, No-Salt-Added, Canned		1½ cup	
Cilantro, Fresh, Chopped		3½ cups	
Lettuce, Romaine, Shredded		3 qt 2 cups	
Tomato, Fresh, Chopped		3 cups	
Cheese, Cheddar, Reduced-Fat, Shredded USDA #1000012	1 lb 10 oz		
Tostada, Corn, Whole Grain (2 each = 1 oz)		100 shells	

Meal Component Contribution			Total Yield	
Meat/Meat Alternate: 2 oz eq			Weight:	
Vegetable Subgroups			Number of Pans:	
DG	RO	BPL	Pan size:	
1/8 cup	1/8 cup	1/8 cup	Volume:	
S	O	A	Nutritional Analysis Based on Portion Size	
	1/8 cup	1/8 cup	Calories: 333 kcal	
Fruit:			Saturated Fats (g): 3.14 g	
Grains: 1 oz eq			Sodium (mg): 540.41 mg	
Based on USDA Food Buying Guide-RAW			Calculated using NutriKids	

Equipment (if not specified in procedures above):
(18" x 26" x 1")

DG - dark green RO - red orange BPL - bean, peas, legumes
S - starchy O - other A - additional