

Black Bean Taco Breakfast Bowl

Recipe Description: Oven-roasted sheet tray hash prepared with diced red potatoes, onions, bell peppers, black beans, and ground pork seasoned with warm chorizo-style spices. This scratch-cooked recipe supports even roasting and streamlined production without stovetop preparation. Designed for breakfast or lunch service.

Preparation Time: 30 minutes
Cook Time: 20 minutes

NSLP/SNP crediting information: Each 3/4 cup serving provides 2 oz eq meat/meat alternate, 1/4 cup total vegetable (1/8 cup additional vegetable, 1/8 cup starchy vegetable).

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Potatoes, fresh, red skin, medium dice	3 lb	2 qt	6 lb	1 gal	1. Preheat oven to 425° F.
Onion, mature, fresh, small dice	1 lb 8 oz	1 qt 1 cup	3 lb	2 qt 1 pint	2. In a large mixing bowl, combine diced red potatoes, onion, red bell pepper, garlic, and oil. Stir well to evenly coat vegetables.
Bell peppers, red, fresh, small dice	1 lb 8 oz	1 qt 1 cup	3 lb	2 qt 1 pint	
Garlic, raw, chopped	4 oz	1/2 cup	8 oz	1 cup	
Vegetable oil	2.6 oz	3/8 cup	5.2 oz	3/4 cup	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Paprika		3 Tbsp		6 Tbsp	3. In a separate bowl, combine paprika, chili powder, smoked paprika, coriander, cumin, oregano, thyme, garlic powder, onion powder, black pepper, pumpkin pie spice, and kosher salt.
Chili powder		2 Tbsp		1/4 cup	4. Add spice blend to vegetable mixture. Mix thoroughly until vegetables are evenly coated.
Smoked paprika		1 Tbsp		1/8 cup	
Coriander, ground		1 Tbsp		1/8 cup	
Cumin, ground		1 Tbsp		1/8 cup	
Oregano, dried		2 tsp		1 Tbsp 1 tsp	
Thyme, dried		2 tsp		1 Tbsp 1 tsp	
Garlic powder		2 tsp		1 Tbsp 1 tsp	
Onion powder		2 tsp		1 Tbsp 1 tsp	
Black pepper, ground		2 tsp		1 Tbsp 1 tsp	
Pumpkin pie spice		2 tsp		1 Tbsp 1 tsp	
Kosher salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Pork, raw, ground	5 lb	2 qt 1 pint	10 lb	1 gal 1 qt	5. Add ground pork to the seasoned vegetables. Mix well, breaking pork into small, evenly distributed pieces.
Black beans, canned or soaked and cooked, drained	4 lb 12 oz	3 qt	9 lb 8 oz	1 gal 2 qt	6. Gently fold in drained cooked black beans until evenly incorporated.
					7. Coat 2-4 full-sized sheet trays with pan spray.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					8. For 50 servings, divide mixture evenly between 2 full-size sheet trays. For 100 servings, divide mixture evenly between 4 full-size sheet trays.
					9. Roast in preheated 425° F oven for approximately 20 minutes, stirring once if needed, until potatoes are tender. **Critical Control Point:** ensure internal temperature of pork reaches 165˚ F
					Critical Control Point: Hold for service at 140° F or above.

NUTRITION INFORMATION
For 3/4 cup (serving size)

NUTRIENTS	AMOUNT
Calories	**344**
Total Fat	**21 g**
Saturated Fat	7 g
Cholesterol	65 mg
Sodium	**192 mg**
Total Carbohydrate	**18 g**
Dietary Fiber	5 g
Total Sugars	1 g
Added Sugars included	0 g
Protein	**20 g**
Vitamin A	380 mcg
Vitamin C	RAE
Vitamin D	19 mg
Calcium	0 mcg
Iron	43 mg
Potassium	2 mg

N/A=data not available.

MARKETING GUIDE		
Food as Purchased for	**50 Servings**	**100 Servings**
Onion, fresh	1 lb. 12 oz	3 lbs. 7 oz
Bell peppers, red, fresh	1 lb. 14 oz	3 lbs. 12 oz

NOTES

Designed for breakfast or breakfast-for-lunch service. May be paired with whole grain tortillas.
Avoid overcooking. Extended cook time may cause additional product loss and softer/mushy potatoes.
Pre cut, frozen, thawed potatoes may affect yield and quality. If using frozen potatoes, weigh and cook from frozen for best results.

Local ingredients: onion, garlic, black beans, potatoes

Cooking Process #2: Same Day Service

YIELD/VOLUME	
50 Servings	**100 Servings**
50 Servings: Yield: Approximately 16 lb finished product Pan yield: 2 full-size sheet trays Serving size: 3/4 cup, approximately 4.6 oz	100 Servings: Yield: Approximately 32 lb finished product Pan yield: 4 full-size sheet trays Serving size: 3/4 cup, approximately 4.6 oz

SOURCE:

FY 2024 Team Nutrition Training Grant

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