



Name of Recipe: Tex Mex Breakfast Bowl

TCS Process: #2 Same Day Service

Number of Portions: 4

Meal Contribution: 2.5 M/MA, 1/2 cup other vegetable

Alternate Menu Name:

Group Code: Entrees, Breakfast

Portion Size: Each

Ingredients	Measure	Instruction
Oil, canola/olive blend	1 Tbsp	Step A: 12. Preheat oven to 400° F. 13. In a large mixing bowl, whisk oil with pepper and salt. Set aside.
Pepper, black	1/8 tsp	
Salt	1/8 tsp	
Potatoes, Russet	12 oz	Step B: 14. Rinse potatoes under running water and scrub with a vegetable brush if necessary. Dry well and do not peel! 15. Dice into 3/4" pieces. Add to mixing bowl with seasoned oil.
Bell Pepper, Green, EP	2 oz	Step C: 16. Rinse bell peppers and onions under running water. Dry well. Dice into 3/4" pieces. Add to mixing bowl with potatoes and oil. 17. Using a spoon or rubber spatula, toss vegetables with oil to evenly coat.
Bell Pepper, Red, EP	2 oz	Step D: 18. Place vegetables in a single layer on a sheet pan. Roast at 400° F for approximately 15 minutes or until vegetables are beginning to brown and crisp on the edges, and potatoes are easily pierced with a fork. CCP: Heat to minimum internal temperature of 135°F. CCP: Hold for hot service at 135°F.
Onion, white or yellow, EP	2 oz	

Beans, black, canned, low-sodium	¼ cup	Step E: 19. Drain and rinse black beans. Rinse until the liquid draining is no longer black. Set aside.
Eggs, large	4 large	Step F: 20. In a medium mixing bowl, combine eggs, milk, pepper, and salt. Whisk to combine.
Milk	¼ cup	
Pepper	1/8 tsp	
Salt	1/8 tsp	
Oil, canola/olive blend	2 tsp	Step G: 21. Heat oil in a large skillet over medium heat. Once oil is hot and glistening, add egg mixture. As eggs begin to set, gently pull the eggs across the pan with a rubber spatula, forming large soft curds. Continue cooking; pulling, lifting and folding eggs until set and no visible liquid remains. Add black beans when almost set. Do not stir constantly. CCP: Heat to minimum internal temperature of 155°F for at least 15 seconds. CCP: Hold for hot service at 135°F or higher.
Cheese, cheddar	2 oz	Step H: 22. Assemble Tex Mex Breakfast Bowls as follows: <ul style="list-style-type: none"> • ½ cup roasted potatoes, peppers, and onions • ¼ cup scrambled egg/bean mixture • .5 oz shredded cheese • 2 Tbsp salsa Serve with toast or biscuit (minimum 1 WGR grain).
Salsa	½ cup	