



Name of Recipe: Tex Mex Brunch Bowl

TCS Process: #2 Same Day Service

Number of Portions: 48

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

Alternate Menu Name:

Group Code: Entrees

Portion Size: Each

Ingredients	Measure	Instruction
Eggs, liquid, frozen	5 pound carton	<p>Step A:</p> <ol style="list-style-type: none"> 1. Thaw liquid eggs overnight in the refrigerator. CCP: Hold at 41°F or below. <p>Step B:</p> <ol style="list-style-type: none"> 2. Preheat oven to 400° F. 3. In a large mixing bowl, whisk oil with pepper and salt. Set aside. <p>Step C:</p> <ol style="list-style-type: none"> 4. Rinse bell peppers and onions under running water. Dry well. Dice into 3/4" pieces. Add to mixing bowl with oil. Note: Approximately 1 lb 4 oz bell pepper yields 1 lb chopped peppers; 1 lb 2 oz of onion yields 1 lb chopped. 5. Use a spoon or rubber spatula, toss vegetables with oil to evenly coat. <p>Step D:</p> <ol style="list-style-type: none"> 6. 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. 7. Prepare the frozen potatoes according to the manufacturer's directions. CCP: Heat to minimum internal temperature of 135°F. 8. Combine the roasted vegetables and potatoes in a 2-inch full-size steamtable pan. CCP: Hold for hot service at 135°F. <p>Step E:</p> <ol style="list-style-type: none"> 9. Drain and rinse black beans. Rinse until the liquid draining is no longer black. Set aside.
Oil, canola/olive blend	1/4 cup	
Pepper, black	1/2 teaspoon	
Salt	1/2 teaspoon	
Bell Pepper, Green, EP	1 pound	
Bell Pepper, Red, EP	1 pound	
Onion, white or yellow, EP	1 pound	
Potato, red skinned, chopped, roasted, IQF, McCain	5 pounds 10 ounces	
Beans, black, canned, low-sodium, drained and rinsed	1 pound (2 cups)	
Milk, 1 percent	1 cup	
Pepper	1 teaspoon	
Cheese, cheddar	1 pound 8 ounces	
Salsa	1 quart 2 cups	

		<p>Step F: 10. In a medium mixing bowl, combine eggs, milk, and pepper. Whisk to combine. Stir in the drained and rinsed black beans.</p> <p>Step G: 11. Spray a 2-inch full size pan with pan release spray. Pour the eggs and bean mixture into the prepared pan. Steam until set and the internal temperature reaches 155°F. CCP: Heat to minimum internal temperature of 155°F for at least 15 seconds. CCP: Hold for hot service at 135°F or higher.</p> <p>Step H: 12. Assemble Tex Mex Breakfast Bowls as follows:</p> <ul style="list-style-type: none">• ¼ cup scrambled egg/bean mixture (no. 16 disher)• .5 oz shredded cheese (1 ounce spoodle)• ½ cup roasted potatoes, peppers, and onions (4 ounce spoodle)• 2 Tbsp salsa (no. 30 disher) <p>Serve with toast or biscuit (minimum 1 WGR grain).</p>
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