

Cuban Black Bean Salad

Makes: 100 servings

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Ingredients	Weight	Measure
Canned black beans, drained	10 lb	1 gal 2 cup
Frozen whole-kernel corn, thawed OR Canned corn, whole kernel liquid packed, drained	7 lb OR 8 lb 4 oz	2 qt 3 1/3 cup OR 2 qt 3 3/4 cup (2 No. 10 cans)
Fresh green peppers, minced	1 lb 8 oz	1 qt 3/4 cup
Fresh red peppers, minced	1 lb 8 oz	1 qt 2 cup
Fresh onions, minced	8 oz	1 1/3 cup
Lemon juice		1 cup
Dried parsley		1/4 cup
Ground cumin		2 Tbsp
Granulated garlic		1 Tbsp 1 tsp
Canned salsa	3 lb 8 oz	1 qt 2 3/4 cup
Vegetable oil		1/2 cup
Reduced fat Monterey		

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	157	
Total Fat	1.64 g	
Protein	5.07 g	
Carbohydrates	16.73 g	
Dietary Fiber	3.5 g	
Saturated Fat	0.26 g	
Sodium	246 mg	

(optional)

Directions

1. Combine black beans, corn, green peppers, red peppers, and onions in a large bowl.
2. For dressing, combine the lemon juice, parsley, cumin, granulated garlic, salsa, and oil.
3. Pour dressing over salad and toss lightly to combine. Spread 5 lb 15 oz (approximately 3 qt ½ cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 100 servings, use 4 pans.
4. Refrigerate until service.
5. Portion with No. 8 scoop (1/2 cup).
6. Sprinkle Monterey Jack cheese (optional) on top before serving.

Notes

Additional Tips

Black beans can be rinsed to brighten their color.