

Calabacitas

Adapted from Chef John Mercer

Process # 2 – Same Day Service

Serving Size = ½ cup

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Zucchini Squash, diced	3 lb 4 oz		6 lb 8 oz	
Summer Squash, diced	3 lb 4 oz		6 lb 8 oz	
Red Onion, diced	1 lb 8 oz		3 lb	
Frozen Corn, thawed	1 lb 8 oz		3 lb	
Diced Tomatoes, canned, drained		¼ - #10 can		½ - #10 can
Water		¼ cup		½ cup
Garlic, fresh, minced (garlic powder)		1 Tbsp		2 Tbsp
Italian Parsley, fresh, chopped		2 Tbsp		¼ cup
Oregano, dried		1 ½ tsp		1 Tbsp
Pepper, ground		1 tsp		2 tsp

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP- Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Sauté or steam the onion, garlic and water mixture using steamer, tilt skillet or steam jacketed kettle until onions look translucent, approximately 3-5 minutes.
2. Add zucchini and summer squash; cook for another 2-3 minutes.
3. Add corn, tomatoes, oregano and pepper. Mix until evenly distributed.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

4. Remove from heat and transfer to appropriate serving pans.
5. Evenly distribute chopped parsley over each pan of vegetables.

HACCP Critical Control Point: Hold at 135°F or higher.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.



Serving Information

Use 4 ounce spoodle or 1-#8 scoop to provide ½ cup other vegetable serving.

Nutrition Information

*From USDA Nutrient Database

Calories: 43 Total Fat: 0.5g Saturated Fat: 0g Carbohydrate: 9g (2g Fiber) Protein: 2g Sodium: 9mg



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Spanish Rice

Adapted from Chef John Mercer

Process # 2 – Same Day Service

Serving Size = 1 cup

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Brown rice, long grain, dry	9 lb 8 oz	1 ¼ gal	19 lb	2 ½ gal
Tomato Juice		1 ¾ gal		3 ½ gal
Water		1 ½ gal		3 gal
Diced Tomatoes, canned, drained		3/4 - #10 can ½ gallon		1 ¼ - #10 cans 1 gallon
Corn, thawed		¾ quart		1 ¼ quarts
Onions, yellow, diced		2 each		5 each
Oil, olive or cooking		½ cup		1 cup
Cumin, ground		½ cup		1 cup
Chili Powder		2 ½ Tbsp		1/3 cup
Oregano, dried		2 ½ Tbsp		1/3 cup
Salt		2 ½ Tbsp		1/3 cup
Garlic, fresh, minced (garlic powder)		2 ½ Tbsp (1/2 tsp)		1/3 cup (1 tsp)
Black Pepper, ground		¾ tsp		1 ½ tsp
Cayenne Pepper, ground		¾ tsp		1 ½ tsp

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Preparation

1. Sauté the onion, garlic in oil using a tilt skillet or steam jacketed kettle until onions look translucent, approximately 3-5 minutes.
2. Add the dry rice and cumin; sauté until rice is translucent while stirring frequently to prevent the ingredients from burning.
3. Add the remaining ingredients and divide into 5 – 12x20x2 ½ steamtable pans (3 pans for 50 servings).
4. Cover the pans and steam for 45 minutes or until tender.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at 135°F or higher.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.



Serving Information

Portion rice with 2 - #8 scoops (1 cup) to provide 2 ounce grain equivalents.

Nutrition Information *From USDA Nutrient Database

Calories: 295 Total Fat: 4g Saturated Fat: 1g Carbohydrate: 57g (6g Fiber) Protein: 7g Sodium: 396mg



Spinach and Garlic Sauté

Adapted from Chef John Mercer

Process # 2 – Same Day Service

Serving Size = ½ cup

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Fresh Spinach, ready-to-use	5 lb		10 lb	
Garlic, fresh, minced (garlic powder)	4 oz	(1 ½ tsp)	8 oz	(1 Tbsp)
Salt		1 Tbsp		2 Tbsp
Black Pepper, ground		1 ½ tsp		1 Tbsp
Oil, olive or cooking		½ cup		1 cup

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Preparation

1. Sauté all ingredients in oil using a tilt skillet or steam jacketed kettle until spinach is wilted, approximately 3 minutes.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

2. Transfer to appropriate serving pans.

HACCP Critical Control Point: Hold at 135°F or higher.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.



Serving Information

Portion spinach with 1 - #8 scoop or 4 ounce spoodle to provide ½ cup dark green vegetable.

Nutrition Information

*From USDA Nutrient Database

Calories: 22 Total Fat: 0g Saturated Fat: 0g Carbohydrate: 3g (2g Fiber) Protein: 3g Sodium: 63mg



Green Beans & Carrots

Adapted from Chef John Mercer

Process # 2 – Same Day Service

Serving Size = ½ cup

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Green Beans, fresh, trimmed	10 lb		20 lb	
Carrots, fresh, julienned	1 lb 4 oz		2 lb 8 oz	
Oil, olive or cooking		½ cup		1 cup
Salt		1 Tbsp		2 Tbsp
Black Pepper, ground		1 tsp		2 tsp
Garlic, granulated		1 tsp		2 tsp

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Preparation

1. Rinse beans in large colander.
2. Distribute beans evenly in 12x20x2 ½ steamtable pans.
3. Steam uncovered for 5-7 minutes until bright green and al dente.
4. Chill beans completely in ice bath.
5. Combine oil and seasonings with whisk.
6. In a large bowl, combine green beans, carrots, and seasoned oil. Mix thoroughly.
7. Transfer to appropriate serving pans and serve cool.

HACCP Critical Control Point: Hold at 40°F or below.



Serving Information

Use a 4 ounce spoodle or portion approximately 15 beans with tongs, to provide ½ cup other vegetable serving.

Nutrition Information

*From USDA Nutrient Database

Calories: 68 Total Fat: 5g Saturated Fat: 1g Carbohydrate: 6g (2g Fiber) Protein: 1.5g Sodium: 11mg



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Tex Mex Corn

Adapted from Chef John Mercer

Process # 2 – Same Day Service

Serving Size = ½ cup

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Corn, thawed	9 lb 8 oz		19 lb	
Red Bell Pepper, diced	1 lb		2 lb	
Yellow Onion, diced	12 oz		1 lb 8 oz	
Oil, cooking		½ cup		1 cup
Lemon Juice		2 ½ Tbsp		1/3 cup
Salt		1 ½ tsp		1 Tbsp
Cilantro, fresh, chopped		2 ½ Tbsp		1/3 cup

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Preparation

1. Heat oil in the tilt skillet; sauté red peppers and onions for 2-3 minutes.
2. Add corn, salt and pepper; sauté for another 1-2 minutes.
3. Add lemon juice; sauté for another 2-3 minutes.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

4. Transfer to appropriate serving pans and top each pan with the chopped cilantro.

HACCP Critical Control Point: Hold at 135°F or above.



Serving Information

Portion corn with a 4 ounce spoodle or 1- #8 scoop to provide ½ cup starchy vegetable.

Nutrition Information *From USDA Nutrient Database

Calories: 146 Total Fat: 6g Saturated Fat: 1g Carbohydrate: 21g (2.5g Fiber) Protein: 3g Sodium: 5mg



Herb Roasted Potatoes

Adapted from Chef John Mercer and Sarasota County Schools, Sarasota, Florida

Process # 2 – Same Day Service

Serving Size = ½ cup

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Red potatoes	12 lb 8 oz		25 lb	
Oil, cooking		½ cup		1 cup
Thyme, fresh, chopped (dried)		¼ cup (1 Tbsp)		½ cup (2 Tbsp)
Oregano, fresh, chopped (dried)		1/3 cup (1 ½ tsp)		2/3 cup (1 ½ Tbsp)
Italian Parsley, fresh, chopped (dried)		1/3 cup (1 ½ tsp)		2/3 cup (1 ½ Tbsp)
Salt		1 Tbsp		2 Tbsp
Black Pepper, ground		1 tsp		2 tsp

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Preparation

1. Cut potatoes into quarters lengthwise, then 3-4 times crosswise into cubes.

*If using a Manhart, use S14 or D22 blades.

*Cut potatoes can be held in water overnight; do not hold in water longer.

2. Preheat oven to 350°F.

2. Toss cubed potatoes with remaining ingredients.

3. Place single layer of potatoes on sheet pans (use parchment paper, if desired).

4. Roast in oven until dark golden brown and tender; approximately 30 minutes. Shake pan or loosen potatoes with a spatula halfway through for even browning.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

4. Transfer to appropriate serving pans and hold in warmer until meal service.

HACCP Critical Control Point: Hold at 135°F or above.



Serving Information

Use 4 ounce spoodle to provide ½ cup starchy vegetable.

Nutrition Information

*From USDA Nutrient Database

Calories: 125 Total Fat: 5g Saturated Fat: 1g Carbohydrate: 22g (2g Fiber) Protein: 3g Sodium: 13mg



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Caliente Corn Salsa

Process # 2 – Same Day Service

Serving Size = ½ cup

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Corn, thawed	4 lb 10 oz		9 lb 4 oz	
Tomatoes, fresh, diced	5 lb 12 oz		11 lb 8 oz	
Red Onion, diced	1 lb 6 oz		2 lb 12 oz	
Optional: Jalapeno, fresh, seeded, diced		2 Each		4 Each
Lime Juice		½ cup		1 cup
Cilantro, fresh, chopped		½ cup		1 cup
Salt		1 Tbsp		2 Tbsp
Black Pepper		1 Tbsp		2 Tbsp
Granulated Garlic		1 Tbsp		1 Tbsp

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Preparation

1. Mix all ingredients together thoroughly.
2. Allow to cool in refrigerator prior to meal service.

HACCP Critical Control Point: Hold at 40°F or below.

Serving Information

Use 4 ounce spoodle to provide ¼ cup starchy vegetable and ¼ cup red/orange vegetable.

Salsa can be cupped up individually and offered in cold well.



Nutrition Information

*From USDA Nutrient Database

Calories: 61 Total Fat: 1g Saturated Fat: 0g Carbohydrate: 13g (2g Fiber) Protein: 2g Sodium: 5mg

