



Recipe Production

Recipe Number: MV401

Recipe Name: BLACK BEAN VEGGIE BURGER

Hot: Yes

Recipe Source: Cook Book

HACCP Process Category:

Complex

Serving Description: 4 OZ burger with bun

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	4 OZ				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
2505	CORN FROZEN 12/2.5 LB	5	Pound	15	Ounce	(Unassigned)
2570	GARLIC WHOLE PEELED 5 LB	10	Ounce			(Unassigned)
1309	OIL VEGETABLE 6/1 GAL	10	Tbsp			(Unassigned)
2500	BEANS BLACK 6/10	6	Pound	4	Ounce	(Unassigned)
2600	CILANTRO 6 CT	15	Ounce			(Unassigned)
1514	EGG LIQUID 15/2 LB	1	Pound	13 1/3	Ounce	(Unassigned)
1011	SALT KOSHER 12/3 LB	1	Ounce	17	Gram	(Unassigned)
1022	SPICE PEPPER BLK 18OZ	10 1/2	Gram			(Unassigned)
3533	RICE BROWN 25 LB	2	Pound	4	Ounce	(Unassigned)
3522	CORNMEAL YELLOW BULK 25 LB	1	Pound	11 1/2	Ounce	(Unassigned)
	Tortillas, ready-to-bake or -fry, corn	24				(Unassigned)
2577	PEPPER GREEN MED 25 LB	2	Pound	15	Ounce	(Unassigned)
2510	JALAPENO SLICED 6/10	1	Ounce	14 1/8	Gram	(Unassigned)
3535	BUN BURGER WFM DOZ	100	ROLL (2 OZ)			(Unassigned)
2538	ONION YELLOW JUMBO 50 LB	5	Pound			(Unassigned)

Cooking Instructions

Cooking Temperature: 0 **Cooking Times:** **Hours:** 0 **Minutes:** 0

Pre-Preparation Instructions

Drained black beans yield 56%
 Onions yield 78%
 Green peppers yield 73%
 Drained jalapeno slices yield 61%
 Dice onion and green pepper.

Preparation Instructions

1. Cook brown rice, slightly over cook. Robo coup corn tortillas, until a fine flour like consistency is achieved.
2. Combine onions, corn, peppers, garlic and jalapenos with oil.
3. Mix well, spread into a sheet pan and roast at 350 degrees for 15 - 20 minutes.
4. Let cool, drain excess liquid.
5. Mix rice, veggies and black beans together.
6. Take out half of the batch and robo coup with eggs, corn meal, salt and pepper.
7. Mix everything together by hand.
8. Use a #8 scoop to form burgers.



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9. Plastic wrap and freeze before shipping.

Serving Instructions

Reheat cakes for 15 minutes at 350 degrees.

Serve on a 2 ounce whole grain bun.

28 PORTIONS PER SHEET PAN

Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	40,915.1704	243.1799	409.1517		
Saturated Fat	g	51.4342	0.3057	0.5143	1.13	
Sodium	mg	81,986.9485	487.2906	819.8695		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	592.1413	3.5194	5.9214	13.03	
Cholesterol	mg	2,619.5445	15.5693	26.1954		
Carbohydrate	g	7,735.6086	45.9767	77.3561	75.63	
Total Dietary Fiber	g	835.3980	4.9652	8.3540		
Protein	g	1,269.3332	7.5443	12.6933	12.41	
Vitamin A (RE)	RE	2,693.7935	16.0106	26.9379		
Vitamin A (IU)	IU	14,152.7379	84.1170	141.5274		
Vitamin C	mg	1,099.9385	6.5375	10.9994		
Calcium	mg	8,241.2690	48.9821	82.4127		
Iron	mg	245.1580	1.4571	2.4516		
Moisture	g	4,340.0585	25.7952	43.4006		*
Ash	g	121.4601	0.7219	1.2146		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
2505	CORN FROZEN 12/2.5 LB	1.00	(Unassigned)	5	0.94	LB	/
2570	GARLIC WHOLE PEELED 5 LB	1.00	(Unassigned)	0	0.62	LB	/
1309	OIL VEGETABLE 6/1 GAL	1.00	(Unassigned)	0	0.04	GAL	/
2500	BEANS BLACK 6/10	1.00	(Unassigned)	0	0.90	CAN (111 OZ)	/
2600	CILANTRO 6 CT	1.00	(Unassigned)	5	0.36	BUNCH	/
1514	EGG LIQUID 15/2 LB	1.00	(Unassigned)	0	0.92	CONT (2 LB)	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.03	BOX (3 LB)	/
1022	SPICE PEPPER BLK 18OZ	1.00	(Unassigned)	0	0.37	OZ	/
3533	RICE BROWN 25 LB	1.00	(Unassigned)	2	0.25	LB	/
3522	CORNMEAL YELLOW BULK 25 LB	1.00	(Unassigned)	1	0.72	LB	/
	Tortillas, ready-to-bake or -fry, corn	1.00	(Unassigned)				/
2577	PEPPER GREEN MED 25 LB	1.00	(Unassigned)	2	0.94	LB	/
2510	JALAPENO SLICED 6/10	1.00	(Unassigned)	0	0.01	CAN (106 OZ)	/
3535	BUN BURGER WFM DOZ	1.00	(Unassigned)	100	0.00	ROLL (2 OZ)	/
2538	ONION YELLOW JUMBO 50 LB	1.00	(Unassigned)	5	0.00	LB	/



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REPORT CRITERIA:

Sections Filter(s):

Criteria Filter(s):

Report Comments Section: