



Recipe Production

Recipe Number: HK2288

Recipe Name: Portabello Fajita Filling

Hot: Yes

Recipe Source: Cook Book

HACCP Process Category:

Same Day

Serving Description:

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	1 1/2 cup				

Labor

Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
1311	OIL OLIVE CANOLA BLEND 10 L	9	Tbsp			(Unassigned)
9579	PEPPER RED 25 LB	6 2/3	Pound, Julienned			(Unassigned)
9579	PEPPER RED 25 LB	6 2/3	Pound, Julienned			(Unassigned)
9538	ONION YELLOW JMB 50 LB	6	Pound	8 1/8	Ounce	(Unassigned)
9063	BEANS PINTO COMM 6/10	25	Pound			(Unassigned)
HK5	Portabello Mushroom	13	Pound	6	Ounce	(Unassigned)
2600	CILANTRO 6 CT	2	Cup, finely choppe			(Unassigned)

Cooking Instructions

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

Pre-Preparation Instructions

Sourced via partnership with the CIA Healthy Kids Collaborative

Preparation Instructions

- 1) Cut peppers and onions and mushrooms into julienne strips
- 2) Drain pinto beans.
- 3) Heat oil in sauté pan or tilt skillet almost to smoking point.
- 4) Briefly sauté onions and peppers until onions are translucent and vegetables are crisp tender, stirring rapidly.
- 5) Add black bean garlic sauce and stir until vegetables are coated.
- 8) Add pinto beans and heat, stirring quickly.
- 9) Add mushrooms and cook for 1 minute stirring constantly.
- 10) Add cilantro and serve immediately.

Serving Instructions



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Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	15,456.2954	58.0369	154.5630		
Saturated Fat	g	33.7692	0.1268	0.3377	1.97	
Sodium	mg	13,132.5340	49.3114	131.3253		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	156.7284	0.5885	1.5673	9.13	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	2,722.8928	10.2242	27.2289	70.47	
Total Dietary Fiber	g	800.5265	3.0059	8.0053		
Protein	g	867.7453	3.2583	8.6775	22.46	
Vitamin A (RE)	RE	34,495.5056	129.5273	344.9551		*
Vitamin A (IU)	IU	189,542.8928	711.7153	1,895.4289		
Vitamin C	mg	8,052.9363	30.2380	80.5294		
Calcium	mg	8,156.1081	30.6254	81.5611		
Iron	mg	195.7440	0.7350	1.9574		
Moisture	g	13,741.3379	51.5974	137.4134		*
Ash	g	102.2663	0.3840	1.0227		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
1311	OIL OLIVE CANOLA BLEND 10 L	1.00	(Unassigned)	0	0.01	CONTAINER (/
9579	PEPPER RED 25 LB	1.00	(Unassigned)	6	0.67	LB	/
9579	PEPPER RED 25 LB	1.00	(Unassigned)	6	0.67	LB	/
9538	ONION YELLOW JMB 50 LB	1.00	(Unassigned)	6	0.51	LB	/
9063	BEANS PINTO COMM 6/10	1.00	(Unassigned)	3	0.60	CAN (111 OZ)	/
HK5	Portabello Mushroom	1.00	(Unassigned)	13	0.38	Pound	/
2600	CILANTRO 6 CT	1.00	(Unassigned)	1	0.26	BUNCH	/

REPORT CRITERIA:

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