



MEXICAN & LATIN-X INSPIRED

SPANISH BROWN RICE AND BEAN BOWL



Kerry Billner, Director of Nutrition Services, Los Gatos ESD

Los Gatos Union SD's Director of Nutrition Services, Kerry Billner, is a huge fan of creating tasty plant-based recipes that students rave about! This flavorful bowl is fully customizable—add fresh, organic vegetables from local farmers to meet vegetable subgroup requirements and make it your own delicious creation!



Complexity Rating: 2



Prep Model: Full Prep



Servings: 100

ALLERGEN
FREE

Meal Component: 2 MA, 2 Grain, 1/4 c. Veg (leafy green - lettuce), 1/4 c. Veg (red/orange - tomatoes), 1/8 c. Veg (other - green peppers and black olives)

Equipment: Kettle or Tilt Skillet; Scale; #8 Scoop; #12 Scoop

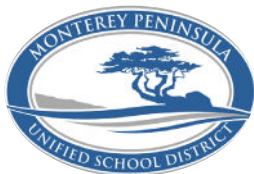


SPANISH BROWN RICE AND BEAN BOWL

Ingredients	Servings	Instructions
Rice, Brown, Dry	6 lb 4 oz	<ul style="list-style-type: none">• Prepare rice by combining it with water and cook. Fluff. Place in warmer until service. Recommended cooking method is to cover and steam for approximately 30 minutes. See alternatives below:<ul style="list-style-type: none">◦ Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes. (Use Hotel Pans/cover with foil)◦ Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once, cover and cook an additional 10 minutes over low heat.• Combine corn, black beans, salsa and taco seasoning in tilt skillet or steamer, heating thoroughly, about 10 minutes. Transfer to serving pan and keep warm until service.• Prepare the lettuce, olives, jalapenos, onion, and cilantro.• Prepare salad dressing by combining salsa and plant-based ranch. Portion into 2 ounce souffle cups, if desired.• Assembly (1 serving)• Layer 1/2 cup rice.• 1 cup bean and corn mixture.• 1/2 cup chopped romaine lettuce.• 1 TB onion, 1 TB jalapeños, 1 TB olives (optional), and 1/2 tsp. cilantro• Serve with 1 oz. tortilla chips on the side.
Water	1 gal 1 qt	
Corn, Frozen or Canned, Tempered	1 1/2 gallons 1 cup	
Salsa, Canned	2 1/2 #10 cans	
Beans, Black, Canned, Drained or Cooked from Dry	8 #10 cans	
Spice, Taco Seasoning	2 cups	
Corn Tortilla Chips (individual 1 oz bags or bulk)	100 each or 6 lb 4 oz	
Lettuce, Romaine	4 lb 12 oz	
Black Olives, Drained (optional)	1 #10 can	
Jalapenos, Sliced, Canned (optional)	1 #10 can	
Onion, Diced (optional)	4 lb	
Cilantro, Fresh (optional)	To taste	
Salad Dressing (optional)		
Salsa, Canned	2 #10 cans	
Plant-Based Ranch, Dairy Free*	2 1/4 cups	

*Plant-Based Ranch is used to accommodate for students who follow a vegan diet.

CUBAN BLACK BEAN STREET TACO PLATE



Micha James, Director of Nutrition Services, Monterey Peninsula USD

In the 2022-23 school year, Monterey Peninsula's Director of Nutrition Services, Micha James, enlisted Sara Youngbar, the department's Culinary Specialist, to add more plant-based meals to their school menu. This eye-catching entrée —packed with colorful organic veggies from the DoD Fresh Program and local Watsonville Produce, and seasoned with tajin —quickly became a favorite for secondary students



Complexity Rating: 3



Prep Model: Full Prep



Servings: 75

ALLERGEN
FREE

Meal Component: 2 MA, 2 Grain, 1/4 c. Veg (red/orange), 1/4 c. Veg (other - onions and chiles)

Equipment: Immersion Blender



CUBAN BLACK BEAN STREET TACO PLATE

Ingredients	Servings
Black Beans, Cuban	
Beans, Black, Turtle, Canned Dry Beans, Low-Sodium	10 #10 can
Spice, Cumin, Seed	3/4 cup 1 tbsp 1 tsp
Cilantro, Leaves, Fresh	1/3 cup 1 tbsp 1 tsp
Onions, Raw, Chopped	1 2/3 cup
Chiles, Green, Diced, Mild, Canned	1 2/3 can (27 oz)
Spice, Tajin, Low Sodium	1/3 cup 1 tbsp 1 tsp
Garlic, Raw, Chopped	1/3 cup 1 tbsp 1 tsp
Salt, Table	2 1/2 tsp

Lime, Juice, Fresh	3/4 cup 1 tbsp 1 tsp
Rice, Cilantro Lime	
Rice, Brown, Long-Grain, Raw	8 lb 10 oz
Coriander, Leaves, Raw	1lb 8 oz
Lime Juice, Raw	1 pt 1 cup
Salt, Table	1 tbsp 1 1/2 tsp
Homemade Salsa	
Tomatoes, Diced, In Juice, Canned	1 7/8 #10 can
Oregano, Dried, Ground	1 tbsp, 2 5/8 tsp
Red or Cayenne, Pepper	1 tbsp, 2 5/8 tsp
Spice, Onion, Powder	2 3/4 tsp

Spice, Cumin, Seed	1 7/8 tsp
Garlic, Raw	1 7/8 tsp
Lime, Juiced	1 tbsp 2 5/8 tsp
Parsley, Freeze Dried	1 tsp
Onions, Dehydrated, Flake	1 1/3 cup 1 tbsp 1/2 tsp
Salt, Table	1/2 tsp ground
Spice, Pepper, Black	1/2 tsp ground
Assembly	
Tortilla, White Corn, 6"	150 Tortillas
Coriander, Leaves, Raw	9 oz
Onions, Raw	4 lb

Instructions

Cuban Black Beans

- Drain beans.
- Flavor beans with lime juice, garlic, salt, onion, cumin, tajin, and cilantro.
- Heat mixture until internal temperature reaches 160°F.

Cilantro Lime Rice

- Combine rice, water, salt, and lime juice into a 2-inch steamtable pan. Stir to combine. Cover tightly.
 - Oven method: Cook in a 350°F oven for 45 to 55 minutes.
 - Steamer Method: Cook in a steamer for 30 to 40 minutes.
- Remove from oven or steam and let sit for 10 to 15 minutes.
- Remove cover; fluff rice before serving. If sauce is too thick add 1/4 cup of water.

Homemade Salsa

- Roast garlic. Wrap garlic cloves with foil or place in a small 1/ 3 pan covered with foil. Add a splash of oil before wrapping or covering.
- Roast at 425°F for 15-20 minutes.
- Garlic should be tender when finished.

- Combine all ingredients.
- Using a small immersion blender, blend all ingredients.
- After using the small immersion blender, blend the mixture in portions in a standard blender.
- Blend until smooth and place in another container.

Elementary & Middle

- Prepare the rice according to the sub recipe and cool.
- Prepare the Cuban Black Beans according to sub recipe and hold cold until assembly.
- Prepare the salsa according to the recipe and cool (a prepared salsa may also be used). Fill 2 ounce souffle cups with salsa according to the number of servings you will prepare. Set aside and chill.
- Use a Robot Coupe or food processor to finely dice the onion. Finely chop the cilantro and set aside.

Elementary & Middle Assembly (1 Serving)

- In a two-compartment tray, add 1/2 cup scoop Cilantro Lime Rice.

Instructions

- In the large compartment, arrange 2 corn tortillas into a taco shape. Using a 3/4 cup scoop of Cuban Black Beans, divide it between the two tacos.
- Top each filled taco with about 1 tablespoon of diced onion and cilantro. Seal, chili, and hold. Send salsa cups to sites along with taco plates.
- To heat: in a 300°F oven with low fan, heat the taco plates until the beans reach 145°F. Serve with salsa on the side.

High School (increase to required serving size)

- Prepare Cilantro Lime Rice according to the recipe above. Keep warm at 140°F until time to assemble.
- Prepare Cuban Black Beans according to recipe above and heat in covered steam pan in the oven until beans reach 145°F. Hold warm until assembly.
- Cup prepared salsa in 2 ounce souffle cup, set aside in the cooler.
- Using a Robot Coupe or food processor, finely dice the onion. Finely dice the cilantro.

High School Assembly (1 serving)

- In a two-compartment tray, add 1/2 cup Cilantro Lime Rice to smaller compartment.
- In the large compartment, arrange 2 tortillas in taco shapes. Using a 3/4 cup scoop of Cuban Black Beans, divide it between the two tacos.
- Top each filled taco with 1 tablespoon diced onion and cilantro.
- Seal and keep warm. Serve with salsa cup.

ENCHILAGNA



Rebecca Steffler, Director of Nutrition Services, Walnut Creek ESD

Under the expert guidance of Director of Nutrition Services, Rebecca Steffler, Walnut Creek ESD became the first in California to earn the Eat Real Certified Gold Award. Rebecca created this crave-worthy entrée as a delicious blend of lasagna and enchilada, and K-8 students can't get enough of it! Use your commodities for frozen corn, canned black beans, and your favorite salsa verde to bring this colorful dish to life.



Complexity Rating: 2



Prep Model: Full Prep



Servings: 48

ALLERGEN
FREE

Meal Component: 3 MA, 2 Grain, 1/2 c. Veg (starchy - corn)



Ingredients	Servings	Instructions
Onions, White	2 lb	Filling <ul style="list-style-type: none"> In a tilt skillet, sweat the onion, red pepper, and garlic in canola oil until softened. Add the frozen corn and cook until it hits 140°F and is lightly browned. Mix paprika, cumin, cinnamon, and salt in a bowl. Add this dry spice mixture to the veg mix and toast in the tilt skillet until fragrant or 2-3 minutes, stirring and staying with it so you don't burn your spices. Use immediately or transfer the mixture to a sheet tray to cool below 41°F. Drain and rinse black beans, then mix in your cooled vegetables. Assembly <ul style="list-style-type: none"> Pre-heat oven to 350°F. Spray two 4" metal hotel pans with pan spray and spread 1 1/2 cups of Verde sauce on the bottom of each. Place 6 tortillas evenly on the bottom of each pan <ul style="list-style-type: none"> Spread 1 1/2 cups of Verde sauce over tortillas. Sprinkle one third of your filling evenly, from edge to edge. Finish with 1 1/2 cups of plant-based cheese sprinkled evenly over the filling. Finish your Enchilagna by topping your last layer evenly with 6 tortillas, 2 cups of Verde sauce spread evenly to cover tortillas, and 1 1/2 cups of cheese. Cover Enchilagna with aluminum foil and bake for 45 minutes or until the tortillas are tender and the Enchilagna has reached 140°F. Allow to rest for 30 minutes, then cut into 24 pieces, 8x3.
Pepper, Red, Raw	1 lb	
Garlic, Chopped	20 g	
Oil, Canola	1/2 cup	
Corn	3 qt	
Spice, Paprika	10 g	
Spice, Cumin	10 g	
Spice, Cinnamon	2 tsp	
Salt	28 g	
Beans, Black	4 qt 2 cup	
Verde Sauce (Green Enchilada Sauce)	1 gal	
Tortillas, Corn	48 count	
Plant-Based Cheese, Cheddar Style Shreds*	3 qt	

**Plant-Based Cheese is used to accommodate for students who follow a vegan diet.*

THE WHOLE ENCHILADA



Corina Ulloa, Director of Nutrition Services, West Covina USD

This spicy, easy-to-make entrée is a student favorite—it lives up to its name as “The Whole Enchilada!” Packed with black beans and sweet potatoes, it’s a flavorful, nutrient-rich option for K-12 students. Add organic vegetables from DoD Fresh to boost both the taste and nutrition for an even more delicious meal!



Complexity Rating: 3



Prep Model: Full Prep



Servings: 48

ALLERGEN
FREE

Meal Component: 2 MA, 2 Grain, 1/2 c. Veg (red/orange - red peppers, salsa, and sweet potatoes)

Equipment: Kettle or Tilt Skillet; Scale; #8 Scoop; #12 Scoop



Ingredients	Servings	Instructions
Potato, Sweet	10 lbs	Preparation <ul style="list-style-type: none"> • Peel and shred sweet potatoes. • Sauté garlic in oil until golden. • Add onions and cook until caramelized. • Add pepper and spices, sauté for 5 minutes. • Add beans and potatoes, mix thoroughly. • Place 2 #8 scoop in each tortilla and fold. • Place salsa in hotel pan to cover bottom and place enchilada on top. • Cover with remaining salsa. • Bake at 300°F for 30 minutes. • Cook to 140°F and hold at 140°F for hot service. 1 Serving = 2 Enchiladas
Oil, Olive	2 tsp	
Onions, White, Chopped	6 cups	
Garlic, Chopped	4 tbsp	
Pepper, Red, Raw, Chopped	6 cups	
Cumin	6 tbsp	
Pepper, Black	1/2 tsp	
Beans, Kidney	2 can #10 size	
Salsa	2 can #10 size	
Tortilla, Corn, 6"	80 count	

FIESTA CRUNCH WRAP



Cassidy Boardman, Director of Nutrition Services and Ksenia Glenn, Former Director of Nutrition Services, Upland USD

This quick and easy grab-and-go Fiesta Crunch Wrap is a hit with students of all ages! Packed with flavor and crunch, it's the perfect handheld meal for busy days. Have fun swapping out the vegetables to create endless combinations. A guaranteed crowd-pleaser!



Complexity Rating: 2



Prep Model: Full Prep



Servings: 100

Allergens:



Wheat



Soy

Meal Component: 2 MA, 2 Grain, 1/4 c. Veg (red/orange, other)



Ingredients	Servings	Instructions
Tortilla, Whole Wheat, 12-inch	100 count	<p>Preparation</p> <ul style="list-style-type: none"> • Cook meatless crumbles according to package instructions. • Cook frozen pepper and onion mix in the oven on 325°F, high fan for 15 minutes. <p>Assembly</p> <ul style="list-style-type: none"> • Place 1 tortilla down. • Add 4 oz meatless crumbles on top. • Center tostada in the middle. • Add 1 oz plant-based cheese on top. • Top with 2 oz cooked vegetable mix. • Tightly fold edges of tortilla towards the center, creating pleats. Invert the crunch wraps so pleats are on the bottom, and they stay together. • Place the crunch wraps on baking sheets. • Bake on 325°F, high fan for 20 minutes flipping them halfway through. • Keep crunch wraps warm until service.
Tostada Shell	100 count	
Plant-Based Ground Protein Crumbles (e.g., Lentil Crumbles)	25 lbs	
Plant-Based Cheese*	6.25 lbs	
Red Peppers and Onions Mix	12.5 lbs	

**Plant-Based Cheese is used to accommodate for students who follow a vegan diet.*

VEGGIE FIESTA BOWL



Cassidy Boardman, Director of Nutrition Services and Ksenia Glenn, Former Director of Nutrition Services, Upland USD

The Veggie Fiesta Bowl is a visibly appealing dish packed with fresh ingredients that students will love. This bowl is as delicious as it is easy to build! You can use whatever plant-based meat alternatives you prefer. Upland USD uses the Before the Butcher plant-based chorizo which has an added flavor kick.



Complexity Rating: 2



Prep Model: Full Prep



Servings: 100

ALLERGEN
FREE

Meal Component: 2 MA, 2 Grain, 1/4 c. Veg (starchy - corn)

Equipment: Kettle or Tilt Skillet; Scale; #8 Scoop; #12 Scoop

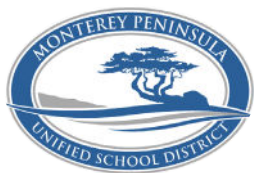


VEGGIE FIESTA BOWL

Ingredients	Servings	Instructions
Cilantro Lime Rice	61.4 lb	Preparation <ul style="list-style-type: none"> • Cook the rice according to the recipe. • Place black beans in a steam table tray. Steam for 45 minutes. • Place the plant-based ground chorizo on a steam table tray. Steam from frozen for 1 hour and 30 minutes, checking in 30-minute intervals. • Defrost flame roasted corn mix. • Cut jalapenos into slices and set aside as a topping ingredient. Refrigerate until ready for use. • Prepare creamy cilantro dressing according to the recipe. Cup into 50, 2 oz servings. Refrigerate until ready to serve. Assembly <ul style="list-style-type: none"> • Serve in 16 oz containers. • Add 8 oz rice. • 2 oz black beans. • 4 oz chorizo. • 2 oz corn. • Top with jalapeno slices. • Keep bowls in warmer until ready to serve. • Distribute with 2 oz dressing.
Beans, Black	27 lb	
Chorizo, Ground, Plant-Based	10 lb	
Corn, Fire Roasted	13 lb	
Jalapenos, sliced	32 ct	
Creamy Cilantro Dressing*	200 oz	

**Creamy Cilantro Dressing should be plant-based to accommodate for students who follow a vegan diet.*

PICO NACHO BOWL



Maly Pra, Director of Nutrition Services and Frank Castro, Former Director of Nutrition Services, Dublin USD

This Plant-Based Nacho Bowl is a flavorful and satisfying meal, featuring beans, creamy plant-based cheese and zesty pico de gallo and salsa. Topped with protein-packed vegetarian refried beans and low-sodium pinto beans, this bowl offers a tasty, nutritious option for students. Paired with crispy tortilla chips, it's a fun, easy, customizable meal that will keep students coming back for more!



Complexity Rating: 1



Prep Model: Full Prep



Servings: 50

ALLERGEN
FREE



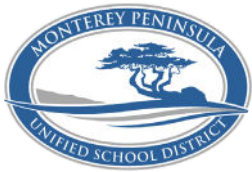
Meal Component: 2 MA, 2 Grain, 1/2 c. Veg (red/orange - Pico de Gallo)

PICO NACHO BOWL

Ingredients	Servings	Instructions
Plant-Based Cheese, Cheddar*	6 1/4 lb	Preparation <ul style="list-style-type: none"> • Pour 1/2 gallon boiling water into 4-inch-deep half steamtable (hotel) pan. • Quickly pour beans (if in pouch) into pan and cover. • Allow beans to sit on steamtable for 25 minutes. • Season, stir. Assembly (1 serving) <ul style="list-style-type: none"> • 2 oz of vegetarian refried beans. • 4 oz of pinto beans. • 4 oz salsa. • 1/2 cup Pico de Gallo. • Top with 2 oz plant-based cheddar cheese and 2 oz tortilla chips.
Pico De Gallo	25 cups	
Salsa	12 1/2 lb	
Beans, Vegetarian Refried, Pouches	6 1/4 lb	
Beans, Pinto, Low-sodium, Canned	12 1/2 lb	
Tortilla Chips	50 servings (2 oz)	

**Plant-Based Cheese is used to accommodate for students who follow a vegan diet.*

TOFU CRUMBLE TACOS



Kat Soltanmorad, Director of Nutrition Services, Tahoe Truckee USD

Make sure your tofu is extra firm for these tacos so that it will hold well. You can use either flour or corn tortillas ; whatever your students prefer. This recipe is perfect to pair with sides of beans and rice to round out the meal.



Complexity Rating: 3



Prep Model: Full Prep



Servings: 100

Allergens:



Soy

Meal Component: 2 MA, 2 Grain, 1/4 c. Veg (leafy green - lettuce)

Add or Suggested Components: Can add more vegetables.



TOFU CRUMBLE TACOS

Ingredients	Servings	Instructions
Tortilla, Whole Grain - Corn, 6"	200 tortillas	<p>Preparation</p> <ul style="list-style-type: none"> • Preheat oven to 350°F. Line with parchment paper or lightly grease a large baking sheet. • Mix the oil, soy sauce, and all the spices in a large bowl. It will make a brown paste-like texture. • Crumble the block of tofu with your fingers into the bowl with the seasoning. Mix the tofu crumbles with the seasoning, making sure all of the tofu is evenly coated. Spread the tofu crumbles evenly over the pan. Bake for 30 to 35 minutes, stopping to stir the tofu every now and then. Keep a close eye on it towards the end so that it doesn't burn. You want the tofu to be nice and browned. The smaller crumbles will be darker than the larger crumbles. • Remove the tofu crumbles from the oven. Mix with some salsa for flavor. Make sure this mixture is not too wet. • Offer 2 tortillas filled with tofu crumble. Top with lettuce, olives and offer cheese and salsa on the side. <p>Tofu Serving = 3 oz per taco, 6 oz total</p>
Tofu, Extra Firm	2 1/2 case	
Oil, Vegetable	1 1/2 cup	
Sauce, Soy	1 1/4 cup	
Spice, Paprika	3/4 cup	
Spice, Cumin	1/4 cup	
Spice, Onion Powder	1/4 cup	
Spice, Chili Powder	1/2 cup	
Salsa Roja	12 1/2 lb	
Plant-Based Cheese, Cheddar, Mild, Shredded	12 1/2 lb	
Lettuce, Shredded	10 lb	
Olive, Ripe	1 can	

**Friends of the Earth recommends plant-based cheese to accommodate for students who follow a vegan diet.*