

# Kentucky Caviar

From the Kitchen of: Valley View School District, Romeoville, IL

Ingredient	REVISED	Original Recipe	M/MA for REVISED	1/4 cup fruit / vegetable REVISED		
Black beans	1 # 10 can	1 #303 can	27.8 m/ma (1/4 c = 1 m/ma)			
Pinto beans	1 #10 can	1 #303 can	37.2 m/ma (1/4 c = 1 m/ma)			
Frozen corn	3 1/4 #	1 1/2 c		35.6 1/4 c /F/V		
Chopped Onion	3#	1 c.		36 1/4 c. F/V		
Chopped Celery	3#	1c.		38.7 1/4 c. F/V		
Green bell pepper	2#	1 medium		19.4 1/4 c. F/V		
Red bell pepper	2#	1 medium		19.4 1/4 c. F/V		
Jalapeno, chopped	??	1 medium				
<b>DRESSING</b>						
Olive oil	3 c.	1/3 c				(veg oil)
Cider vinegar	3 c.	1/3 cider vinegar				
Sugar	2 c.	1/3 c				
Salt	2T	1/2 t.				
Pepper	2T	1/2 t				
Tostitos scoopers	5 1/2 pounds (1 3/4 oz per serving)					
Shredded Cheddar	2# 5 oz (3/4 oz / serv.)		37 m/m			Use as garnish on side / top of bean mix.

Drain beans, dice: onions, red & green peppers, celery & jalapenos & combine together with beans & corn. Make dressing in separate container & then combine with ingredients. Let it sit overnight & serve with Baked scoops as a dip.

Without actually making the recipe and checking the yield, based on the USDA Food Buying Guide, the revised recipe should yield 214 1/4 c servings, or 53 1 cup servings (note, I did not say 53 – 8oz servings)

- If we set the yield at 50 1 cup servings each would contain
- 2 meat / meat alternate
  - 3/4 c. fruit / vegetable
  - 2 breads

Cost would be about \$.57 w/o scoopers. The only other thing you would have to add is milk for a complete reimbursable meal....