



## Chipotle BBQ Three Bean Salad

Salads

Recipe HACCP Process: #2 Same Day Service

		50 Servings			
Ingredients	Weight	Measure	Directions		
Canned black beans, low sodium, drained	7#	1 #10 can	1. Rinse all beans in cold water and drain well.		
Canned pinto beans, low sodium, drained	7#	1 #10 can	2. Combine all beans together.		
Canned garbanzo beans, low sodium, drained	7#	1 #10 can	3. Combine yogurt and lime juice in mixing bowl. Add pepper, onion, garlic dill, chipotle powder and cilantro. Blend well.		
Dannon plain fat-free Greek yogurt	2 lbs.	4 cups	4. Combine yogurt mixture and BBQ sauce. Mix until blended.		
Lime juice	8 oz.	1 cup	5. Pour mixture over beans. Toss lightly to combine.		
McCormick ground black pepper		1 Tbsp.	6. CCP: Chill to 41° F or lower within 4 hour. Refrigerate until ready to use.		
McCormick granulated onion		1 Tbsp.			
McCormick granulated garlic		1 Tbsp.			
McCormick dried dill		1 Tbsp.			
McCormick Chipotle powder		1 Tbsp.			
McCormick dried cilantro		2 Tbsp.			
Sweet or Smokey BBQ sauce	12 oz.	1½ cups			
<b>Serving:</b>		<b>Yield:</b>		<b>Volume:</b>	
½ cup (No. 8 scoop) provides ½ cup of vegetable. Recommendation: Serve with tortilla chips.		50 servings: 12 lbs. 14 oz.		50 Servings: 1 gal.	
<b>Nutrients Per Serving</b>					
Calories	196 kcal	Saturated Fat	0.02 g	Iron	0.11 mg
Protein	11.67 g	Cholesterol	0.82 mg	Calcium	22.39 mg
Carbohydrates	34.81 g	Vitamin A	26.31 IU	Sodium	296.75 mg
Total Fat	1.76 g	Vitamin C	0.52 mg	Dietary Fiber	10.51 g