

## Refried Beans Taco Power-Pack

**Recipe HACCP Process: #1 No cook**

**Serving Size:** 1 power-pack

**Yield:** 50

**Source:** The John C. Stalker Institute

### Ingredients:

Ingredient Name	Measurements
Beans, canned, great northern, low sodium	12lb + 4 oz
Low sodium BBQ sauce	24 oz
Cheese, cheddar, white, reduced fat, shredded	50 oz
Chunky salsa, medium	25 cups
Lettuce, romaine, raw	50 cups, shredded
Tortilla chips, yellow, plain, low-sodium	50 oz

*\*Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.*

### Instructions:

1. Drain and rinse beans, then add them to food processor with BBQ sauce and blend until smooth consistency is reached.
2. To assemble power-pack, add ½ cup bean puree to one corner. Then add the salsa and lettuce in the opposite components. Serve corn tortilla chips in a separate bag on the side.

**Nutritional Analysis:**

<b>Nutrients</b>	<b>Nutrients Per Serving</b>
Calories	480 kcal
Total Fat	13.06 g
Saturated fat	5.01 g
Trans Fat	0.03 g
Cholesterol	20.26 mg
Sodium	1465.10 mg
Total Carbohydrate	58.21 g
Dietary Fiber	30.59 g
Total Sugars	26.70 g
Protein	18.66 g

**Meal Component Information:**

<b>Meal Components</b>	<b>Amount</b>
Meat/Meat Alternate	2 oz eq.
Grain	1 oz eq.
Vegetable	1 cup

*\*Note: For schools with access to Mosaic, these recipes are also available to import from the Community recipe section by searching the recipe name or using the search term of "John C. Stalker" as the district.*