

Barbecue Bean Dip

Recipe HACCP Process: #1 No Cook

Serving Size: ½ cup

Yield: 50

Source: JSI *Power Up with Plant-Based Lunches Workshop-to-Go*

Ingredients:

Ingredient Name	Measurements
Beans, Great Northern, Low-sodium, Canned	12 lbs + 14 oz
Barbecue sauce	2 ½ cups

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

Instructions:

1. Add great northern beans and barbecue sauce to food processor.
2. Blend until desired consistency is reached.
3. Hold for cold service at 41° F or lower.

** For 50 servings approximately 25 cups or 3 #10 cans are needed.

***Serving Size: 1/2 cup (No 8 scoop) provides 2 oz meat/meat alternate OR 1/2 cup vegetables (beans/peas/legumes).

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	157.79 kcal
Total Fat	0.09 g
Saturated Fat	0.01 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	265.11 mg
Total Carbohydrate	30.62 g
Dietary Fiber	4.60 g
Total Sugars	6.30 g
Protein	5.48 g

Meal Component Information:

Meal Components	Amount
Vegetable	0.5 cup
Meat/Meat Alternate	(OR – instead of vegetable) 2 oz.

**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.*