

# Farmers Market Salsa

HACCP Process # No Cook Preparation



1 Serving Provides:

CACFP: ¼ cup Vegetables

NSLP: ¼ cup Additional Vegetables

SFSP: ¼ cup Vegetables

Ingredients	60 Servings		120 Servings	
	Weight	Measure	Weight	Measure
Black beans, drained and rinsed	2 pounds 5.6 ounces	1 quart + 3 cups	4 pounds 11.2 ounces	3 quarts + 2 cups
Fresh tomatoes, diced	1 pound 8 ounces	1 quart	3 pounds	2 quarts
Corn kernels, frozen, thawed	9.6 ounces	2 cups	1 pound 3.2 ounces	1 quart
Green bell pepper, diced	9.6 ounces	2 cups	1 pound 3.2 ounces	1 quart
White onion, diced	8 ounces	2 cups	1 pound	1 quart
Salsa		2 cups		1 quart
Lime juice		½ cup		1 cup
Garlic powder		2 teaspoons		1 Tablespoon + 1 teaspoon



## Directions

1. Combine all ingredients in a large bowl. Chill until service.

CCP: Hold for cold service at 41°F or below.

Serve ¼ cup portions using a #16 scoop.

Serving	Yield	Volume
¼ cup	60 servings, about 5 pounds 8 ounces 120 servings, about 11 pounds	60 servings, about 3 quarts 3 cups 120 servings, about 7 quarts 2 cups

Nutrients Per Serving					
Calories	36	Sodium	140 mg	Vitamin A	160 IU
Total Fat	0 g	Carbohydrate	7 g	Vitamin C	1 mg
Saturated Fat	0 g	Dietary Fiber	2 g	Iron	1 mg
Cholesterol	0 mg	Protein	1 g	Calcium	11 mg