



STANDARDIZED RECIPE

Recipe Name: Bean & Cheese Tostada			
Ingredients	For 50 Servings		Directions
	Weight	Measure	
Beans, refried dehydrated		1¼ bag	1. STOVE TOP: Bring 2 quarts of water to a boil in a pan. Pour contents of package into boiling water, reduce heat, and stir briefly. Remove from heat, cover and let stand for 5 minutes to thicken. For the remaining 1/4 bag only use 1/2 quart of water. OR 2. STEAM TABLE METHOD: Empty contents of package into a 4-quart container (half-size steam table pan). Add 2 quarts of boiling water and stir briefly. Cover for 5 minutes, stir well. For the remaining 1/4 bag only use 1/2 quart of water.
Water		2.5 qt.	
Chorizo turkey sausage, crumble	1 ¾ lbs.		3. Heat Chorizo to 135°F
Shell, tostada		50 ea.	4. Tostadas may be served from the package but are best served warm. Warm full sleeves of tostadas in a dry heat cabinet for 30 minutes at 170°F prior to serving.
Lettuce, Romaine shredded fresh	1 ¼ lbs.		5. Thoroughly wash tomatoes and cut into small dice. Combine shredded romaine with diced tomatoes.
Tomato, fresh raw	1 ¾ lbs.		
Cheese, mild cheddar shredded	1.5 lbs. + 1/4 c.		6. Assemble on line: Spread 1/4 c. beans onto each tostada shell. Sprinkle with 1 T. of chorizo and 2 T. of shredded cheese. Garnish with 3 T. of lettuce/tomato mixture. Offer salsa on the line.

Serving Size for Grades: K-8 is: _____ (unit: cup, fl oz, each) Serving Utensil: _____

Serving Size for Grades: 9-12 is: _____ (unit: cup, fl oz, each) Serving Utensil: _____

Meal Pattern Contributions

2.0 oz. meat/alt., 1.25 oz. grain
