

## Dark Green and Orange Vegetables

This hearty main dish combines the sweetness of orange sweet potatoes and robustness of black beans, with the surprise addition of Swiss chard and a light touch of cumin. Serve over brown rice or whole-wheat couscous for a warm delight!





*Dark Green and Orange Vegetables*

# Sweet Potato and Black Bean Stew

## **SKYLINE HIGH SCHOOL**

Oakland, California

### **Our Story**

What can happen when you put sweet potatoes and black beans together? Well, if you are part of the recipe challenge team at Skyline High School, you get Sweet Potato and Black Bean Stew. Skyline High School is located on a beautiful 45-acre campus at the crest of the Oakland Hills in California. Its recipe challenge team grew out of an existing afterschool cooking academy that teaches cooking skills and nutrition. The team started out with several recipes that led to a recipe cook-off, which eventually resulted in the development and submission of two recipes. Both recipes received overwhelmingly positive responses from the Skyline High School student body. The team is excited to have both recipes, Sweet Potato and Black Bean Stew and Spanish Chickpea Stew, represented in this cookbook.

The wonderful combination in the Sweet Potato and Black Bean Stew recipe is as savory as it is sweet. This stew is brought to a healthy and earthy conclusion by the addition of flavorful Swiss chard, a delicately mild-flavored, dark-green leafy vegetable. Served over brown rice or whole-wheat couscous, this stew will warm the soul and feed the mind.

### **School Team Members**

#### **SCHOOL NUTRITION PROFESSIONAL**

Donnie Barclift

#### **CHEF**

Jenny Huston

#### **COMMUNITY MEMBERS**

Rusty Hopewell (Health Center Nutritionist)  
and Sage Moore

#### **STUDENTS**

Karen M., Quailyn S., and Rudy R.

# Sweet Potato and Black Bean Stew

Meal Components: Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Other Vegetable

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| Ingredients                                                                                             | 50 Servings                    |                                                       | 100 Servings                   |                                                        | Directions<br>Process #2: Same Day Service                                                                                                                         |
|---------------------------------------------------------------------------------------------------------|--------------------------------|-------------------------------------------------------|--------------------------------|--------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                         | Weight                         | Measure                                               | Weight                         | Measure                                                |                                                                                                                                                                    |
| Dried New Mexican chili peppers, whole                                                                  |                                | 6                                                     |                                | 12                                                     | 1. In a roasting pan/square head pan (20 7/8" x 17 3/8" x 7") on top of stove, sauté chili peppers and onions in oil for 2-3 minutes.                              |
| *Fresh onions, diced                                                                                    | 3 lb 2 oz                      | 2 qt 3 cups                                           | 6 lb 4 oz                      | 1 gal 1 qt                                             |                                                                                                                                                                    |
| Vegetable oil                                                                                           |                                | 1 cup                                                 | 1 lb                           | 2 cup                                                  |                                                                                                                                                                    |
| Ground cumin                                                                                            |                                | 3 Tbsp                                                |                                | ¼ cup 2 Tbsp                                           | 2. Add cumin and sauté for 2 minutes.                                                                                                                              |
| *Fresh sweet potatoes, peeled, cubed ½"                                                                 | 6 lb                           | 1 gal 1 qt                                            | 12 lb                          | 2 gal 2 qt                                             | 3. Add sweet potatoes, black beans, orange juice, and stock. Bring to a boil.                                                                                      |
| Canned low-sodium black beans, drained, rinsed<br>OR<br>*Dry black beans, cooked<br>(See Notes Section) | 24 lb 4 oz<br>OR<br>24 lb 4 oz | 2 gal 2 ⅔ qt<br>(6 No. 10 cans)<br>OR<br>2 gal 2 ⅔ qt | 48 lb 8 oz<br>OR<br>48 lb 8 oz | 5 gal 1 ⅓ qt<br>(12 No. 10 cans)<br>OR<br>5 gal 1 ⅓ qt |                                                                                                                                                                    |
| Orange juice                                                                                            |                                | 1 qt 2 cups                                           |                                | 3 qt                                                   |                                                                                                                                                                    |
| Low-sodium chicken stock                                                                                |                                | 2 qt                                                  |                                | 1 gal                                                  | 4. Cover and reduce heat to low. Simmer for 20 minutes or until potatoes are tender.                                                                               |
| Red wine vinegar                                                                                        |                                | ½ cup                                                 |                                | 1 cup                                                  | 5. Remove chilies and discard. Add vinegar, salt, pepper, and Swiss chard. Cover.<br><br>Critical Control Point: Heat to 135 °F or higher for at least 15 seconds. |
| Salt                                                                                                    |                                | 2 tsp                                                 |                                | 1 Tbsp 1 tsp                                           |                                                                                                                                                                    |
| Ground black pepper                                                                                     |                                | 2 tsp                                                 |                                | 1 Tbsp 1 tsp                                           |                                                                                                                                                                    |
| *Fresh Swiss chard, no stems, chopped ½"<br>OR<br>Frozen Swiss chard, chopped                           | 2 lb<br>OR<br>1 lb 8 oz        | 2 qt 2 cups<br>OR<br>1 qt ½ cup                       | 4 lb<br>OR<br>3 lb             | 1 gal 1 qt<br>OR<br>2 qt 1 cup                         |                                                                                                                                                                    |
|                                                                                                         |                                |                                                       |                                |                                                        | 6. Critical Control Point: Hold for hot service at 135 °F or higher.<br>7. Portion with 8 fl oz ladle (1 cup).                                                     |



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### Notes

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available

Special tip for preparing dry beans:

#### SOAKING BEANS

**OVERNIGHT METHOD:** Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

**QUICK-SOAK METHOD:** Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

#### COOKING BEANS

Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry black beans = about 2 ¼ cups dry or 4 ½ cups cooked beans.

In place of the New Mexican Chilies use California, Anaheim, or Ancho chilies. If using powdered chili use Ancho Chili Powder and use 1 Tbsp per chili.

### Marketing Guide

| Food as Purchased for | 50 Servings | 100 Servings |
|-----------------------|-------------|--------------|
| Mature onions         | 3 lb 10 oz  | 7 lb 4 oz    |
| Sweet potatoes        | 7 lb 8 oz   | 15 lb        |
| Dry black beans       | 9 lb 6 oz   | 18 lb 12 oz  |
| Swiss chard           | 2 lb 2 oz   | 4 lb 4 oz    |

### Nutrients Per Serving

|              |         |               |              |               |           |
|--------------|---------|---------------|--------------|---------------|-----------|
| Calories     | 222.48  | Saturated Fat | 0.34 g       | Iron          | 3.95 mg   |
| Protein      | 10.35 g | Cholesterol   | 0 mg         | Calcium       | 103.07 mg |
| Carbohydrate | 43.48 g | Vitamin A     | 8847.71 IU   | Sodium        | 578.59 mg |
| Total Fat    | 4.43 g  |               | (442.39 RAE) | Dietary Fiber | 12.25 g   |
|              |         | Vitamin C     | 25.75 mg     |               |           |

| Serving                                                                                                                    | Yield                             | Volume                           |
|----------------------------------------------------------------------------------------------------------------------------|-----------------------------------|----------------------------------|
| 1 cup (8 fl oz ladle) provides:                                                                                            | 50 Servings:<br>about 32 lb       | 50 Servings:<br>about 4 gallons  |
| <b>Legume as Meat Alternate:</b> 3 oz equivalent meat alternate, ¼ cup red/orange vegetable, and ¼ cup other vegetable.    | 100 Servings:<br>about 65 lb 8 oz | 100 Servings:<br>about 8 gallons |
| OR                                                                                                                         |                                   |                                  |
| <b>Legume as Vegetable:</b> ¾ cup legume vegetable, ¼ cup red/orange vegetable, and ¼ cup other vegetable.                 |                                   |                                  |
| <i>Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.</i> |                                   |                                  |