



# Chipotle BBQ Three Bean Salad

Salads

Recipe HACCP Process: #2 Same Day Service

Ingredients	50 Servings		Directions
	Weight	Measure	

Canned black beans, low sodium, drained	7#	1 #10 can	1. Rinse all beans in cold water and drain well. 2. Combine all beans together. 3. Combine yogurt and lime juice in mixing bowl. Add pepper, onion, garlic dill, chipotle powder and cilantro. Blend well. 4. Combine yogurt mixture and BBQ sauce. Mix until blended. 5. Pour mixture over beans. Toss lightly to combine. 6. CCP: Chill to 41° F or lower within 4 hour. Refrigerate until ready to use.
Canned pinto beans, low sodium, drained	7#	1 #10 can	
Canned garbanzo beans, low sodium, drained	7#	1 #10 can	
Dannon plain fat-free Greek yogurt	2 lbs.	4 cups	
Lime juice	8 oz.	1 cup	
McCormick ground black pepper		1 Tbsp.	
McCormick granulated onion		1 Tbsp.	
McCormick granulated garlic		1 Tbsp.	
McCormick dried dill		1 Tbsp.	
McCormick Chipotle powder		1 Tbsp.	
McCormick dried cilantro		2 Tbsp.	
Sweet or Smokey BBQ sauce	12 oz.	1½ cups	

Serving:	Yield:	Volume:
½ cup (No. 8 scoop) provides ½ cup of vegetable. Recommendation: Serve with tortilla chips.	50 servings: 12 lbs. 14 oz.	50 Servings: 1 gal.

### Nutrients Per Serving

<b>Calories</b>	196 kcal	<b>Saturated Fat</b>	0.02 g	<b>Iron</b>	0.11 mg
<b>Protein</b>	11.67 g	<b>Cholesterol</b>	0.82 mg	<b>Calcium</b>	22.39 mg
<b>Carbohydrates</b>	34.81 g	<b>Vitamin A</b>	26.31 IU	<b>Sodium</b>	296.75 mg
<b>Total Fat</b>	1.76 g	<b>Vitamin C</b>	0.52 mg	<b>Dietary Fiber</b>	10.51 g



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This recipe was developed in partnership with National Dairy Council®, The Dannon Company, Inc., Sodexo USA, Inc. and McCormick. Special thanks to the American Dairy Association Mideast and Cabell County Schools in West Virginia for providing support and assistance during the recipe development process.