



Soam Bavī (Brown Tepary Bean) Bowl

The Soam Bavī bowl is a dish that features the tepary bean over a bed of brown rice and includes chicken, salsa, and a variety of fresh produce (lettuce, sweet peppers, tomatoes, and onions) to create a filling dish that kids will love!

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
This recipe was adapted from Salt River Pima-Maricopa Indian Schools

Preparation Time: 12-18 hours

Cook Time: 8 hours, 30 minutes

NSLP/SBP crediting information:

Beans credited as meat/meat alternate:

1 bowl provides $\frac{5}{8}$ cup total vegetable ($\frac{1}{8}$ cup additional vegetable, $\frac{1}{4}$ cup red/orange vegetable, $\frac{1}{4}$ cup other vegetable), 3.25 oz eq meat/meat alternate and 1.00 oz eq grains

Beans credited as a vegetable:

1 bowl provides $1-\frac{1}{8}$ cup total vegetable ($\frac{1}{8}$ cup additional vegetable, $\frac{1}{2}$ cup legume vegetable, $\frac{1}{4}$ cup red/orange vegetable, $\frac{1}{4}$ cup other vegetable), 1.00 oz eq grains and 1.00 oz eq meat/meat alternate

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Brown tepary beans, dry (see notes)	4 lb 12 oz	2 qt 2 ½ cups	9 lb 8 oz	1 gal 1 qt 1 cup	<ol style="list-style-type: none"> 1. Sort beans, removing any debris or small pebbles. 2. Rinse thoroughly to remove any dirt. 3. Soak tepary beans overnight, in 8-16 quarts of water or until beans are well covered with water. 4. Place drained tepary beans in a large pot or steam kettle, cover with water and bring to a boil. 5. Let simmer for about 6 hours, stir occasionally to avoid scorching the bottom of the pot. 6. Critical Control Point: Heat to 165°F or higher for at least 15 seconds. 7. Allow tepary beans to cool. 8. Critical Control Point: Cool to 70°F within 2 hours and from 70°F to 41°F or lower within an additional 4 hours. 9. Critical Control Point: Keep at 41°F or lower until service. 10. Set aside for step 25.
Water (for tepary beans)		8 qt		16 qt	
Water (for rice)		3 qt		1 gal 2 qt	<ol style="list-style-type: none"> 11. Boil water. 12. Preheat oven to 325°F.
Brown rice, long-grain, regular, dry, parboiled	3 lb 4 oz		6 lb 8 oz		<ol style="list-style-type: none"> 13. Place 1 qt brown rice (1 lb 9 oz) in each steam table pan (12" x 20" x 2½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					14. Pour boiling water (1 qt 2 cups per steam table pan) over brown rice. Stir. Cover pans tightly.
					15. Bake at 325°F for 40 minutes.
					16. Remove cooked rice from the oven and let stand covered for 5 minutes. Stir rice.
					17. Critical Control Point: Heat to 135°F or higher.
					18. Critical Control Point: Hold for hot service at 135°F or higher.
					19. Set aside for step 25.
USDA Foods #100117 – Chicken, fajita strips, cooked, frozen*	5 lb 5 oz		10 lb 10 oz		20. Heat chicken in a steamer.
					21. Critical Control Point: Heat to 165°F or higher for at least 15 seconds.
					22. Set aside for step 27.
					23. Critical Control Point: Hold for hot service at 135°F or higher.
					24. Assemble each entrée in a 12 oz bowl.
					25. First Layer: 1/2 cup brown rice.
					26. Second Layer: 1/2 cup cooked tepary beans.
					27. Third Layer: 1.7 oz fajita chicken.
					28. Critical Control Point: Hold for hot service at 135°F or higher.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Salsa, low sodium canned*	3 lb 10 oz	1 qt 2 ¼ cup	7 lb 4 oz	3 qt ½ cup	29. Top each bowl with 1/8 cup salsa, 1/8 cup shredded romaine lettuce, 1/8 cup green bell peppers, 1/8 cup tomatoes and 1/8 cup red onion.
Lettuce, romaine, raw, shredded*	13 oz	1 qt 2 ¼ cup	1 lb 10 oz	3 qt ½ cup	
Sweet bell peppers, green, raw, diced*	2 lb 10 oz	1 qt 2 ¼ cup	5 lb 4 oz	3 qt ½ cup	
Tomatoes, red, ripe, fresh, diced*	2 lb 14 oz	1 qt 2 ¼ cup	5 lb 12 oz	3 qt ½ cup	
Red onion, mature, fresh, diced, ready to use*	2 lb	1 qt 2 ¼ cup	4 lb	3 qt ½ cup	
					30. Serve 1 Soam Bavı (Brown Tepary Bean) Bowl.



NUTRITION INFORMATION

For 1 bowl

NUTRIENTS **AMOUNT**
Calories **354**

Total Fat	4 g
Saturated Fat	2 g
Cholesterol	38 g
Sodium	361 mg
Total Carbohydrate	59 mg
Dietary Fiber	25 g
Total Sugars	5 g
Added Sugars included	N/A g
Protein	21 g
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Vitamin A	N/A mcg RAE
Vitamin C	31 mg
Vitamin D	N/A IU
Calcium	292 mg
Iron	8 mg
Potassium	N/A mg

N/A=data not available.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Romaine lettuce, untrimmed	1 lb 5 oz	2 lb 10 oz
Sweet Bell Pepper	3 lb 5 oz	6 lb 10 oz
Tomatoes, red	2 lb 14 oz	5 lb 12 oz

NOTES

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

Cooking Process #3 Complex Prep.

YIELD/VOLUME

50 Servings	100 Servings
Cooked Rice: About 8 lb 4 oz (25 cups)	Cooked Rice: About 16 lb 8oz (50 cups)
Cooked Beans: About 10 lb (25 cups)	Cooked Beans: About 10 lb (50 cups)

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

