

PORTOBELLO MUSHROOM FAJITA

Sliced portobello mushrooms, red peppers and pinto beans combine for a versatile sweet and savory filling.

ONE PORTION PROVIDES:
½ cup vegetable, 2 oz. eq. meat/meat alternate



INGREDIENTS	100 SERVINGS	DIRECTIONS
Mushrooms, portobello, fresh, slices	12 pounds	1. Cut peppers and onions and mushrooms into julienne strips.
Peppers, red, sweet (bell), julienne/strips	5 ¼ pounds,	
Peppers, green, sweet (bell), julienne/strips	5 pounds	
Onion, yellow, raw	6 pounds	
Beans, pinto, low sodium, canned, drained	5 ½ #10 cans (or 9 ½ pounds dry beans)	2. Drain pinto beans.

Olive oil/canola blend	½ cup	3. Heat oil in sauté pan or tilt skillet almost to smoking point. 4. Briefly sauté onions and peppers until onions are translucent and vegetables are crisp tender, stirring rapidly. 5. Add black bean garlic sauce and stir until vegetables are coated. 6. Add pinto beans and heat, stirring quickly. 7. Add mushrooms and cook for 1 minute, stirring constantly. 8. Add cilantro and serve immediately
Black bean garlic sauce	3 cups	
Cilantro, finely chopped	2 cups	

SERVING NOTES:

Serving size	1 cup	Yield, weight	54 Pounds, 8 5/8 Ounces
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RECIPE NOTES:

NUTRIENTS PER SERVING							
Calories	151	Total Fat (gm)	1.5	Vitamin A (IU)	1060	Iron (mg)	2
Protein (gm)	9	Saturated Fat (gm)	0.5	Vitamin C (mg)	66	Sodium (mg)	131
Carbohydrate (gm)	27	Cholesterol (mg)	0	Calcium (mg)	82	Dietary Fiber (gm)	8