



Mexicali Corn

USDA Recipe for Schools

This Mexicali Corn has sweet, canned corn combined with red and green bell peppers, pimentos, and Mexican spices.

NSLP/SBP CREDITING INFORMATION

¼ cup (No. 16 scoop) provides ⅓ cup starchy vegetable and ⅓ cup additional vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh onions, diced	6 oz	1 cup 2 Tbsp 2 ¼ tsp	12 oz	2 ¼ cups 1 Tbsp 1 ½ tsp	1 In a large stock pot, add onions, green bell peppers, red bell peppers, ancho chili powder, margarine, and cumin. Sauté uncovered over high heat for 2–3 minutes or until onions are translucent, stirring occasionally.
*Fresh green bell peppers, diced	8 oz	1 ½ cups	1 lb	3 cups	
*Fresh red bell peppers, diced	8 oz	1 ½ cups	1 lb	3 cups	
Ancho chili powder OR Mexican seasoning mix (see Notes)		3 Tbsp 1 tsp	2 oz	¼ cup 2 Tbsp 2 tsp	
		3 Tbsp 1 tsp	2 oz	¼ cup 2 Tbsp 2 tsp	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Margarine, trans-fat free	2 oz	¼ cup	4 oz	½ cup	
Ground cumin		1 ½ tsp		1 Tbsp	
Frozen corn, thawed, drained	4 lbs 4 oz	3 qt	8 lb 8 oz	1 gal 2 qt	2 Add corn and pimientos. Saute uncovered over medium heat for 2 minutes. Stir well.
Canned pimientos, chopped, drained	4 oz	½ cup 2 ¼ tsp	8 oz	1 cup 1 Tbsp 1 ½ tsp (approx. ⅛ No. 10 can)	
					3 Critical Control Point: Heat to 135 °F or higher.
					4 Pour 2 qt ¼ cup (about 2 lb 9 oz) into a steam table pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					5 Critical Control Point: Hold for hot service at 135 °F or higher.
					6 Portion with No. 16 scoop (¼ cup).



NUTRITION INFORMATION

For ¼ cup (No. 16 scoop).

NUTRIENTS	AMOUNT
Calories	40
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Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	72 mg
Total Carbohydrate	8 g
Dietary Fiber	1 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	1 g
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Vitamin D	0 IU
Calcium	3 mg
Iron	0 mg
Potassium	112 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Mature onions	8 oz	1 lb
Red bell peppers	10 oz	1 lb 4 oz
Green bell peppers	10 oz	1 lb 4 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 #2: Same Day Service.

Mexican Seasoning Mix ¼ Cup (About 4½ oz)

Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, ¼ tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

YIELD/VOLUME

50 Servings	100 Servings
About 5 lb 2 oz	About 10 lb 4 oz
About 2 qt 2 ¼ cups/2 steam table pans (12" x 20" x 2 ½")	About 1 gal 1 qt ½ cup/4 steam table pans (12" x 20" x 2 ½")

