



SOUTHWEST CHEESY OAT BREAKFAST BOWL (WITH BEANS AND SALSA)

Each Serving Provides:

- 1 oz. eq. Whole Grain
- 2 ¼ oz. eq. Meat/Meat Alternate
- ½ cup Vegetable

Southwest Cheesy Oat Breakfast Bowl (with beans and salsa)

INGREDIENT

QUANTITY

INGREDIENTS FOR 44 SERVINGS:

- 47 oz Quaker® Kettle Hearty® Oats
- 4 tsp Cumin, ground
- 4 tsp Chili powder, mild
- 4 tsp Garlic, granulated
- 2 tsp Onion, granulated
- 1 tsp Salt, kosher
- 6 quartz Water
- 1 lbs Cheese, cheddar, low sodium, shredded
- 5 lbs Eggs, scrambled
- 1 11/4 #10 can (about 5 lbs of dried beans) Black beans, low sodium
- 5 ½ cups Salsa
- 1 ½ lbs Scallions, sliced thinly on bias
- 1 cup Cilantro, roughly chopped

PREPARATION

DIRECTIONS:

- Preheat oven to 350 °F.
- Combine Quaker® Kettle Hearty® Oats, cumin, chili powder, garlic, granulated onion, and salt in a 4-inch deep, full steamtable pan. Stir to combine.
- Add water. Cover tightly. Bake in a 350 °F oven for 45 to 50 minutes.
- Stir in cheese and hold in a warmer.
- CCP: Hold for hot service at 135 °F
- Prepare eggs according to package directions. Do not overcook. CCP: Heat to 165 °F for 15 seconds

To serve:

Place a 6 oz. ladle (¾ cup) of oats on the bottom of the serving bowl. Top with the following ingredients:

- Black beans, #16 scoop (¼ cup)
- Scrambled eggs, #16 scoop (¼ cup)
- Salsa, #30 scoop (2 tablespoons)
- Scallions, #30 scoop (2 tablespoons)
- Cilantro, garnish Alternatively, set up a “top your own” bar for service

Suggested Alternative Toppings:

Pinto Beans, Pickled Red Onions, Pickled Jalapenos, Queso fresco, Cilantro, or Hot Sauce

Nutrition Facts	
1 Serving:	
Calories	290
Saturated Fat	4.5g
Sodium	420mg