

Veggie Soft Taco with Black Beans, Cheese & Shredded Cabbage – adapted from FareStart recipes

Ingredients	50 Servings	100 Servings	25 Servings	Directions
Black beans, dry §, whole	2 ½ lb	5 lb	1 ¼ lb	<ol style="list-style-type: none"> 1. Soak black beans overnight. Cook until beans are tender and done. (See Tips & Variations) 2. Preheat oven at 250 F. While preparing vegetables, heat up tortillas in the oven - for about 20 min. (See Tips & Variations) 3. Shred cabbage*, finely chop cilantro*, and cut limes into quarters. (*a commercial food processor make these process easy and efficient) 4. Crumble Queso Fresco. 5. Assemble tacos by portioning beans, cabbage and cheese onto each tortilla. 6. Serve with a wedge of lime and cilantro. <p>❖ Serve 1 taco (3 Tb beans, 1 ounce cheese).</p>
Water	5 pint	10 pint	5 cup	
Cabbage, green §, shredded	6 ¼ lb	12 ½ oz	1 lb 2 oz	
Cheese, Queso Fresco, crumbles	3 lb	6 lb	1 ½ lb	
Flour Tortilla, 8" diameter	50 ea	100 ea	25 ea	
Lime, whole, cut into ¼ wedges	12 ½ ea	25 ea	6 ¼ ea	
Cilantro, fresh §, finely chopped	1 cup	2 cup	½ cup	

§WA product available

Approximate preparation time: 30-40 min. (excluding prep/cooking time for beans)

Tips & Variations:

- Cook black beans for 1~1 ½ hour with plenty of water (4 cups water for a cup of black beans). You can cook with bay leaf, garlic, cumin powder, dash of salt and/or chili powder.
- How to heat up tortillas: Preheat the oven to 250 degrees. Wrap a stack of tortillas in a damp dishtowel and place in a casserole dish of similar size. Cover with a lid or a piece of aluminum foil tightly on the dish. Place in oven for 20 minutes.



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Child Nutrition Program Food Components:

- ✓ 3/8 cup meat alternates
- ✓ 1/2 cup vegetable

Nutrients Per Serving:

Calories	344 kcal
% Calories from Fat	28 %
Total Fat	11 g
Saturated Fat	1 g
Trans fat	0 g
Cholesterol	29 mg
Sodium	402 mg
Total Carbohydrates	39 g
Dietary Fiber	7 g
Sugars	1 g
Protein	15 g

👉 Washington's **cabbages** are usually available **July through December**. Most farms cultivate their cabbages in the early spring and fall, with harvests coming in the early summer and late fall, respectively. You can replace 1/3 of the cabbage required in this recipe with **purple cabbage** to add colors to your children's plates.

👉 **Cabbage** holds a significant quantity of vitamins and minerals, like vitamins A & C, calcium, potassium, and magnesium (different varieties have varying nutritional strengths; purple cabbage has more vitamin C while the savoy has more vitamin A, calcium, iron and potassium). Cabbage, like other brassicas, has been used medicinally for centuries. Cabbage is still considered a beneficial digestive aid and intestinal cleanser. [ref: *From Asparagus to Zucchini - A Guide to Cooking Farm-Fresh Seasonal Produce (3rd Edition)"]

notes

