

Mexicali Corn

Vegetable

Vegetables

I-15

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned liquid pack whole-kernel corn OR	3 lb 5 oz	1 qt 2 cups	6 lb 10 oz	1 No. 10 can	1. Prepare corn: A. IF USING CANNED CORN: To Microwave: Drain and discard approximately half of the liquid. Place corn with remaining liquid, green pepper, and onions in a half-steamtable pan (12" x 10" x 2 1/2") for 25 servings; or in a steamtable pan (12" x 20" x 2 1/2") for 50 servings. Stir to combine. Heat uncovered, until heated thoroughly (165 degrees F).
Frozen whole-kernel corn	2 lb 2 oz	1 qt 2 cups	4 lb 3 oz	3 qt	OR To Heat: Drain and discard half the liquid. Place corn with remaining liquid, green pepper, and onions in stock pot. Stir to combine. Heat, uncovered, for 5 to 10 minutes until heated thoroughly (165 degrees F). Drain. Pour into serving pans. CCP Heat to 140 degrees F or higher. Drain. Pour into serving pans.
*Fresh green pepper, finely chopped		1/2 cup	5 1/4 oz	1 cup	B. IF USING FROZEN CORN: To Microwave: Place corn, green pepper, and onions in a half-steamtable pan (12" x 10" x 2 1/2") for 25 servings; or in a steamtable pan (12" x 20" x 2 1/2") for 50 servings. Stir to combine. Heat, uncovered, until heated thoroughly (165 degrees F). CCP Heat to 140 degrees F or higher.
*Onions, chopped OR		1/4 cup 2 Tbsp	4 1/2 oz	3/4 cup	OR To Cook: Place corn, green pepper, and onions in stock pot. For 25 servings, add 1 cup water. For 50 servings, add 2 cups water. Bring water to boil. Reduce heat. Simmer, uncovered, for 5 to 10 minutes. Drain. Pour into serving pans. CCP Heat to 140 degrees F or higher. Drain. Pour into serving pans.
Dehydrated onions		2 Tbsp		1/4 cup	

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Pimentos, chopped	2 Tbsp 2 tsp	1/3 cup	2. Add pimentos, butter or margarine, and seasonings. Stir lightly. 3. Portion with No. 16 scoop (1/4 cup).
Butter or margarine	2 Tbsp	1/4 cup	
Seasonings: Chili powder	1/2 tsp	1 1/4 tsp	
Ground cumin	3/8 tsp	3/4 tsp	
Paprika	1/4 tsp	1/2 tsp	
Onion powder	1/4 tsp	1/2 tsp	
			CCP Hold for hot service at 140 degrees F or higher.
			3. Portion with No. 16 scoop (1/4 cup).
*See Marketing Guide			

Marketing Guide

Food as Purchased	For 25 Svgs	For 50 Svgs
Green peppers	3 1/2 oz	6 3/4 oz
Mature onions	2 1/2 oz	5 1/4 oz

SERVING:	YIELD:	VOLUME:
1/4 cup (No. 16 scoop) provides 1/4 cup of vegetable	25 Servings: 1 gal 2 qt 2 cups	25 Servings:
	50 Servings: 3 gal 1 qt	50 Servings:

Nutrients Per Serving

Calories	43	Saturated Fat	.6 g	Iron	.4 mg
Protein	1 g	Cholesterol	3 mg	Calcium	4 mg
Carbohydrate	8 g	Vitamin A	24 RE/190 IU	Sodium	139 mg
Total Fat	1.4 g	Vitamin C	7 mg	Dietary Fiber	1 g