



## TEX-MEX MAC & CHEESE BOWL WITH FRITOS® ORIGINAL CORN CHIPS

**Each Serving Provides:**

**3 oz. Meat/MA** (1.15 oz. beef crumbles = 1 oz. MMA + 3 oz. Mac and Cheese = 2 oz. MMA)  
**2.25 oz. eq. Grain** (1 OEG for Mac and Cheese + 1.25 OEG for 1 oz. Fritos)  
**½ c. Vegetables**  
**¼ c. Other** (Pepper–Onion Blend)  
**1/8 c. Starchy** (corn)  
**1/8 c. legumes** (black beans)

Tex-Mex Mac & Cheese Bowl with FRITOS® Original Corn Chips

INGREDIENT	QUANTITY 100 servings	1 Serving
<a href="#">FRITOS® Original Corn Chips</a>	6.25 lbs. bulk or 100-1 oz. bags	1 oz.
USDA Black Beans, canned, low sodium (100359)	3 Qts. + 1/2 c.	1/8 c.
USDA Salsa, low sodium, pouch (110186)	3 lbs. + 2 oz.	1 Tbsp.
USDA Ground Beef Crumbles (100134)	7.2 lbs.	1.15 oz.
Macaroni & Cheese, frozen, prepared	18.75 lbs.	3 oz.
Pepper & Onion Blend, frozen	12 lbs. + 8 oz.	1/4 c.
USDA Corn, canned, low sodium (100313)	3 Qts. + 1/2 c.	1/8 c.
Taco seasoning	4.4 oz.	1/2 tsp.

**PREPARATION**

1. In a large skillet or kettle over medium-high heat, add peppers and onion strips, ground beef crumbles, drained corn, drained and rinsed black beans, salsa, and taco seasoning. Cook until thoroughly heated through, stirring occasionally. Add prepared mac and cheese and stir to combine. Heat until the mixture reaches 165°F, then hold hot at 140°F for service.

2. To assemble each bowl, ladle approximately 1 cup of mac and cheese at the bottom of serving container, and top with 1 oz. Fritos®. Portion 1 bowl per serving.

<b>Nutrition Facts</b>	
<b>1 Serving:</b>	
Calories	430
Saturated Fat	5.8g
Sodium	760mg