



TRAIN THE TRAINER

A four-session course that teaches kitchen staff to cook beans and lentils at scale.

OUTSIDE EATS.ORG

WHY TRAIN

Same budget. Better trays.

Kitchen staff decide how good a menu tastes.

This course trains one lead cook to teach the crew how to cook beans and lentils in bulk, season them well, and swap them in for some meat servings.

Each session takes about 60 minutes and fits into a regular shift. Use it with the executive brief, menu planner and cost model in the Facility Food Toolkit.

Planning aid only. Menus and recipes must be reviewed by your facility's registered dietitian and follow your food-safety, allergen and diet-order rules.

Four sessions, one skill each.

SESSION 1: COST

LEARN:

Use the cost model
Set a swap goal

60 minutes

SESSION 2: BEANS

LEARN:

Soak + cook in bulk
Hold hot safely
Cool + store fast

60 minutes

SESSION 3: FLAVOR

LEARN:

Season big batches
Run a taste panel

60 minutes

SESSION 4: LAUNCH

LEARN:

Run the 4-week menu
Track waste + feedback
Train new staff

60 minutes

FIT IT TO YOUR KITCHEN

Use your own equipment, vendor prices and approved recipes. Start with one swap day a week and build from there.

EVERY SESSION ENDS WITH A TASTE TEST

Cook a small batch, taste it as a crew, and write down one change before it goes on the line.

8-week checklist

Go slow. One change at a time keeps the line running.

- ☐ Week 1: Enter your vendor prices in the cost model.
- ☐ Week 2: Pick one or two meat meals to swap.
- ☐ Week 3: Run Sessions 1 and 2 with the lead cook.
- ☐ Week 4: Test bulk beans on a small batch.
- ☐ Week 5: Run Sessions 3 and 4 with the crew.
- ☐ Week 6: Get dietitian sign-off on the new menu.
- ☐ Week 7: Serve the first swap meal. Track waste.
- ☐ Week 8: Review cost and feedback. Adjust the plan.

Who does what.

Four roles keep the rollout on track. One person can cover two.

LEAD COOK

RUNS THE SESSIONS, TESTS RECIPES AND COACHES THE CREW.

MANAGER

ENTERS PRICES, TRACKS FOOD COST AND REPORTS SAVINGS.

DIETITIAN

Reviews menus for nutrition standards and diet orders.

CREW

Preps and cooks the new recipes and gives honest taste feedback.

AFTER EACH SESSION

Write down what worked, what to change and who still needs training. Share the results with your team.

Bulk bean basics

Starting points for about 100 servings. Adjust to your standardized recipes.

Bulk Pinto Beans



KETTLE • SOAK + 2 HRS

YOU NEED

- 13 lb dried pinto beans
- water to cover by 3 in.
- 2 lb onions, diced
- cumin, garlic, chili powder

DO THIS

Sort, rinse, soak overnight. Drain.
Simmer with onion 1.5 to 2 hrs.
Season. Hold at 135°F or above.

OPTIONALLY:

Freeze extras flat in labeled bags.

Lentil Chili Base



KETTLE • 45 MIN

YOU NEED

- 11 lb dry lentils
- 4 #10 cans diced tomatoes
- 3 lb onions, diced
- chili powder, cumin

DO THIS

Sauté onion. Add lentils, tomatoes, water.
Simmer 30 to 40 min until soft.
Season. Hold at 135°F or above.

OPTIONALLY:

Start 50/50 with ground beef.

FOOD SAFETY FIRST

Cool cooked beans from 135°F to 70°F within 2 hours, then to 41°F within 4 more. Follow your facility's HACCP plan.