

# Bean Burrito

Meat/Meat Alternate-Vegetable-Bread Alternate

Main Dishes

D-21A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh onions, chopped OR Dehydrated onions	2 ½ oz	¼ cup 3 Tbsp OR ¼ cup	5 oz OR 1 oz	¾ cup 2 Tbsp OR ½ cup	<ol style="list-style-type: none"> <li>Combine onions, granulated garlic, pepper, tomato paste, water, chili powder, cumin, paprika, and onion powder. Blend well. Simmer for 15 minutes.</li> <li>Using a mixer with paddle attachment, puree beans for 4-5 minutes on medium speed until beans are a smooth consistency. Combine ingredients from step 1, and shredded cheese with pureed beans.</li> <li>Steam tortillas for 3 minutes or until warm. OR Place in warmer to prevent torn tortillas when folding.</li> <li>Portion bean mixture with No. 8 scoop (½ cup) onto each tortilla. Fold around beans envelope style.</li> <li>Place folded burritos seam side down on half-sheet pans (13" x 18" x 1") which have been lightly coated with pan release spray, 12-13 burritos per pan. For 25 servings, use 2 pans. For 50 servings, use 4 pans.</li> </ol>
Granulated garlic		1 ½ tsp		1 Tbsp	
Ground black or white pepper		1 tsp		2 tsp	
Canned tomato paste	14 oz	1 ½ cups 1 Tbsp (½ No. 2-½ can)	1 lb 12 oz	3 cups 2 Tbsp (⅔ No. 2-½ can plus 2 ½ Tbsp )	
Water		2 cups		1 qt	
Chili powder		1 Tbsp 1 ½ tsp		3 Tbsp	
Ground cumin		1 Tbsp		2 Tbsp	
Paprika		1 ½ tsp		1 Tbsp	
Onion powder		1 ½ tsp		1 Tbsp	
Canned pinto beans, drained OR *Dry pinto beans, cooked (see preparation note)	3 lb 8 oz OR 3 lb 8 oz	2 qt 2 Tbsp (⅔ No. 10 can) OR 1 qt ¾ cups	7 lb OR 7 lb	1 gal ¼ cup (1 ¾ No. 10 cans) OR 3 qt ¾ cups	
Reduced fat Cheddar cheese, shredded	1 lb 9 ½ oz	1 qt ¾ cups	3 lb 3 oz	3 qt ¾ cups	
Enriched flour tortillas (at least 0.9 oz each)		25 each		50 each	

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Reduced fat Cheddar cheese, shredded (optional)	7 oz	1 ¾ cups	2 Tbsp	13 oz	3 ¾ cups	6. CCP: Heat to 165° F or higher. Conventional oven: 375° F for 15 minutes Convection oven: 325° F for 15 minutes
						7. Sprinkle shredded cheese (optional) evenly over burritos before serving.
						8. CCP: Hold for hot service at 140° F or warmer.
						Portion is 1 burrito.

\* See Marketing Guide

## Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	3 oz	6 oz
Pinto beans, dry	1 lb 8 oz	3 lb

SERVING:	YIELD:	VOLUME:
1 burrito provides the equivalent of 2 oz of cooked lean meat, ¼ cup of vegetable, and the equivalent of 1 slice of bread.	<b>25 Servings:</b> 25 burritos	<b>25 Servings:</b> 2 pans
	<b>50 Servings:</b> 50 burritos	<b>50 Servings:</b> 4 pans
	Edited 2014	

### PREPARATION NOTE: SOAKING BEANS

Overnight method: Add 1 ¾ qt cold water to each pound of dry beans. Cover and refrigerate overnight.

Quick-soak method: Boil 1 ¾ qt water for each pound of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

### COOKING BEANS

Once the beans have been soaked and drained, add 1 ¾ qt water and ½ tsp salt to each pound of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately or,

### Portion and crediting

1-2 Year olds 1/2 burrito

credits 1 oz M/MA

1/8 cup vegetables

1/2 serving of grain

3-12 year olds 1 burrito

credits 2 oz M/MA

1/4 cup vegetables

1 grain serving

TC 11-30-2016

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CCP: Hold for hot service at 135° F or higher.

OR

Chill for later use. If chilling:

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans=about 2 <sup>3</sup>/<sub>8</sub> cups dry or 5 <sup>1</sup>/<sub>4</sub> cups cooked pinto beans.

## Nutrients Per Serving

<b>Calories</b>	253	<b>Saturated Fat</b>	3.98 g	<b>Iron</b>	2.85 mg
<b>Protein</b>	15.11 g	<b>Cholesterol</b>	16 mg	<b>Calcium</b>	342 mg
<b>Carbohydrate</b>	31.24 g	<b>Vitamin A</b>	846 IU	<b>Sodium</b>	631 mg
<b>Total Fat</b>	7.95 g	<b>Vitamin C</b>	10.1 mg	<b>Dietary Fiber</b>	4.2 g