

Name: Chicken Burrito

ICN SVDP M-1

Vegetable - Red / Orange, Vegetable - Beans / Peas, Grains, Meat / Meat

Alternate

Main Dishes

25 Servings		50 Servings			
Directions 25-50					
Process: #1 No Cook, #2 Same Day Service, #3 Complex Food Preparation					
Ingredients:	Weight Lbs+ oz	Measure Largest unit	Weight	Measure	Include Critical Control Point, pan sizes, Scoop size #2 Same Day Service DIRECTIONS
Water		2 1/2 cups		1 qt 1 cup	1. Boil water.
Brown rice, long-grain, regular, dry	12 1/2 oz	1 3/4 cups	1 lb 9 oz	3 1/2 cups	2. Place 3 1/2 cups (1 lb 9 oz) brown rice in each steam table pan (12" x 10" x 2 1/2"). Pour boiling water (1 qt 1 cup per steam table pan) over brown rice. Stir. Cover pan tightly. For 25 servings, use 1 pan. For 50 servings, use 1 pan. 3. Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes.
*Fresh cilantro, finely diced		1/4 cup		1/2 cup	4. Remove cooked rice from oven and let stand covered for 5 minutes. Fold in cilantro. Set aside.
Frozen, cooked diced chicken, thawed, 1/2" pieces	1 lb 11 oz	1 qt 2 1/4 cups	3 lb 6 oz	3 qt 1 cup	5. Combine chicken, beans, cheese, oregano, cumin, and salsa in a large bowl. Stir well. Yields: For 25 servings, about 3 qt (about 5 lb 12 oz). For 50 servings, about 1 gal 2 qt (11 lb 8 oz).
Canned no-salt-added pinto beans, drained, rinsed	1 lb 10 oz	3 cups	3 lb 4 oz	1 qt 2 cups	
Or *Dry pinto beans, cooked (See Notes Section)	1 lb 10 oz	3 cups	3 lb 4 oz	1 qt 2 cups	
Low-fat cheddar cheese, shredded	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups	
Ground oregano		1/2 tsp		1 tsp	
Ground cumin		3/4 tsp		1 1/2 tsp	
Canned low-sodium salsa	1 lb 13 oz	3 1/4 cups		1 qt 2 1/2 cups	

Whole-grain tortillas, 8" (1.5 oz each)		25		50	6. Assembly:
					<p>7. Using a No. 20 scoop (1/8 cup), spread rice on center of tortilla.</p> <p>8. Using a No. 8 scoop (1/2 cup), place chicken mixture on top of rice.</p> <p>9. Roll in the form of a burrito and seal.</p> <p>10. Place burritos seam side down on steam table pan (12" x 20" x 2 1/2") lined with parchment paper. For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p> <p>11. Cover and bake: Conventional oven: 350° F for 10 minutes. Convection oven: 350° for 10 minutes</p> <p>12. Critical Control Point: Heat to 165 °F for at least 15 seconds.</p> <p>13. Critical Control Point: Hold for hot service at 140 °F or higher.</p> <p>14. Serve 1 burrito.</p>

Notes:

CACFP Crediting Information: 1 burrito provides:
 Legume as Meat Alternate: 2 oz meat/meat alternate, 1/8 cup vegetable, and 2 grains/bread.
 OR
 Legume as Vegetable: 1 1/2 oz meat/meat alternate, 1/4 cup vegetable, and 2 grains/bread.

How to Cook Dry Beans
 Special tip for preparing dry beans: SOAKING BEANS
 OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.
 QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe. COOKING BEANS
 Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.
 Critical Control Point: Hold for hot service at 135 °F or higher. OR
 Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 41 °F or lower within 4 hours. 1 lb dry pinto beans = about 2 ¾ cups dry or 5 ¼ cups cooked beans.

25 Servings: about
 6 lb 2 oz
50 Servings: about
 12 lb 4 oz

25 Servings:
 about 3 quarts
 /1 steam table pan (12" x20" x 2 1/2")
50 Servings:
 about 1 gallon 2 quarts 2/ steam table pans (12" x 20" x 2 1/2")

Nutrients Amount Value*		Minerals		Vitamins	
	% Daily				
Total Calories	296.17	Calcium	173.21 mg	Vitamin A	238.31 IU
Protein	18.83 g	Potassium	283.06 mg	Vitamin B6	0.24 mg
Carbohydrates	41.88 g	Sodium	503.9 mg	Vitamin B12	0.16 mcg
Dietary Fiber	3.89 g	Copper	0.14 mg	Vitamin C	1.49 mg
Total Sugars	3.37 g	Iron	3.6 mg	Vitamin D	2.05 IU
Total Fat	5.77 g	Magnesium	45.18 mg	Vitamin E	0.05 mg AT
Saturated Fat	1.95 g	Phosphorus	196.04 mg	Vitamin K	1.17 mcg
Monounsaturated Fat	0.79 g	Selenium	14.17 mcg	Folate	26.87 mcg
Polyunsaturated Fat	1.39 g	Zinc	1 mg	Thiamin	0.2 mg
Linoleic Acid	0.35 g			Riboflavin	0.15 mg
α-Linolenic Acid	0.04 g			Niacin	6.16 mg
Cholesterol	26.09 mg			Choline	29.81 mg