

Bean Burrito (USDA)

Recipe: 500016 BEAN BURRITO

Recipe Source: USDA D-12A
 Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 50
 Size of Portion: SERVINGS

011282 ONIONS,RAW..... 799903 GARLIC,GRANULATED..... 002030 PEPPER,BLACK..... 011546 TOMATO PRODUCTS,CND,PASTE,WO/SALT... 014429 WATER,MUNICIPAL..... 002009 CHILI POWDER..... 799902 CUMIN,GROUND..... 002028 PAPRIKA..... 002026 ONION POWDER.....	5 OZ, chopped 1 TBSP 2 TSP 1/4 # 10 Can 1 QT 3 TBSP 2 TBSP 1 TBSP 1 TBSP	1. Mix onions, granulated garlic, pepper, tomato paste, water, and seasonings. Blend well. Simmer for 15 minutes. Reserve for step 2.
799925 BEANS,PINTO,MATURE,CND,DRND..... 001168 CHEESE,LOFAT,CHEDDAR OR COLBY.....	1 2/3 #10 CAN, drained 2 LB + 8 OZ	2. Using 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 the pureed beans.
018364 TORTILLAS,RTB OR -FRY,FLR.....	50 tortilla (7-8" dia)	3. Steam tortillas for 3 minutes until warm. OR Place in warmer to prevent torn tortillas when folding.
		4. Portion bean mixture with No. 8 scoop (1/2 cup) onto each tortilla. Fold around beans envelope style. 5. Place folded burritos seam side down on sheet pans (18" x 26" x 1") which have been lightly coated with pan release spray, 33-35 burritos per pan. For 50 servings, use 2 pans. For 100 servings, use 3 pans. 6. Bake: Conventional oven: 375° F for 15 minutes Convection oven: 325° F for 15 minutes CCP: Heat to 165° F or higher for at least 15 seconds 7. CCP: Hold for hot service at 135° F or higher.

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		<p>Seasonings: Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ¼ cup 3 Tbsp Mexican Seasoning Mix. For 100 servings, use ¾ cup 2 Tbsp Mexican seasoning Mix.</p>									
		<p style="text-align: right;">Special Tip:</p> <p>SOAKING BEANS</p> <p>OVERNIGHT METHOD: Add 1 3/4 qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.</p> <p>QUICK-SOAK METHOD: Boil 1 3/4 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.</p> <p>COOKING BEANS</p> <p>Once the beans have been soaked, add 1/2 tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately. CCP: Hold for hot service at 135°F.</p> <p>OR</p> <p>Chill for later use. CCP: Cool to 70°F within 2 hours and to 41°F or lower within an additional 4 hours.</p> <p>1 lb dry pinto beans = about 2 3/8 cups dry or 5 1/4 cups cooked pinto beans.</p>									
		<p style="text-align: center;">Food as Purchased</p> <table border="0" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 40%;"></th> <th style="width: 30%; text-align: center;">50 servings</th> <th style="width: 30%; text-align: center;">100 servings</th> </tr> </thead> <tbody> <tr> <td>Pinto beans, dry</td> <td style="text-align: center;">3 lb</td> <td style="text-align: center;">6 lb</td> </tr> <tr> <td>Mature onions</td> <td style="text-align: center;">6 oz</td> <td style="text-align: center;">12 oz</td> </tr> </tbody> </table>		50 servings	100 servings	Pinto beans, dry	3 lb	6 lb	Mature onions	6 oz	12 oz
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Pinto beans, dry	3 lb	6 lb									
Mature onions	6 oz	12 oz									
		<p style="text-align: center;">Serving</p> <p>1 burrito provides 2 oz equivalent meat/meat alternate, ¼ cup of vegetable, and 1 ½ servings of grains/breads.</p>									

*Nutrients are based upon 1 Portion Size (SERVINGS)

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Recipe

Calories	288 kcal	Cholesterol	13.00 mg	Sugars	0.00 g	Calcium	305.99 mg	24.80%	Calories from Total Fat
Total Fat	7.93 g	Sodium	661.99 mg	Protein	14.81 g	Iron	3.37 mg	11.01%	Calories from Saturated Fat
Saturated Fat	3.52 g	Carbohydrates	40.01 g	Vitamin A	801.00 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	4.69 g	Vitamin C	10.09 mg	Ash ¹	0.00 g	55.58%	Calories from Carbohydrates
								20.57%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... oz				? - Milk
Grain..... oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... cup				? - Tree Nut
Milk..... cup				? - Fish
Moisture & Fat Change				? - Shellfish
Moisture Change. 0%				? - Soy
Fat Change..... 0%				? - Wheat
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050072	Bean Burrito			
I	011282	ONIONS,RAW			
I	799903	GARLIC,GRANULATED			
I	002030	PEPPER,BLACK			
I	011546	TOMATO PRODUCTS,CND,PASTE,WO/SALT			
I	014429	WATER,MUNICIPAL			
I	002009	CHILI POWDER			
I	799902	CUMIN,GROUND			
I	002028	PAPRIKA			
I	002026	ONION POWDER			
I	799925	BEANS,PINTO,MATURE,CND,DRND			
I	001168	CHEESE,LOFAT,CHEDDAR OR COLBY			
I	018364	TORTILLAS,RTB OR -FRY,FLR			

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