

Bean Burrito (902)

(Bean Burrito MC902)

Meat/Meat Alternate-Grain/Bread

Source: MS Cycles II

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Fresh Onions, Diced		¾ cup 1 Tbsp		1 2/3 cup		<ol style="list-style-type: none"> 1. Mix onions, garlic powder, pepper, tomato paste, water and seasonings. Blend well. Simmer for 15 minutes. 2. Combine canned (drained) pinto beans with above mixture. Puree mixture to a smooth consistency. (If using dried beans, see Step 8 for preparation instructions.) 3. Heat tortillas for 3 minutes or until warm. 4. Portion bean mixture with No. 12 scoop (1/3 cup) onto each tortilla. Top bean mixture with 1 ounce of cheese. Fold tortilla around beans and cheese envelope style. Place folded burritos seam side down on lightly oiled pan liners (18"X26"X1") 33-35 burritos per pan. To bake: Conventional Oven: 375°F for about 15 minutes Convection Oven: 325°F for about 15 minutes CCP: Internal temperature of product must register 165°F for 15 seconds at completion of cooking process. 6. Sprinkle shredded cheese evenly over burritos before serving. 7. Serve 1 burrito per serving. <p>CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.</p>
Garlic Powder		1 Tbsp		2 Tbsp		
Black Pepper		2 tsp		1 Tbsp 1 tsp		
Canned Tomato Paste		½ No. 10 can		½ No. 10 can		
Water		1 qt		2 qt		
Chili Powder		1/8 cup 1 oz.		¼ cup 2 oz.		
Ground Cumin		2 Tbsp		¼ cup		
Paprika		1 Tbsp		2 Tbsp		
Onion Powder		1 Tbsp		2 Tbsp		
Pinto Beans, Canned or Dry		1½ No. 10 can		2½ No. 10 cans		
Cheddar Cheese, Shredded	3 lb 3 oz.		6 lb 6 oz.			
8" Soft Flour Tortilla		50 tortillas		100 tortillas		
Cheddar Cheese, Shredded	13 oz.		1 lb 10 oz.			

Bean Burrito (Continued)

Serving: 1 burrito provides 2 oz meat/meat alternate and 1 grain/bread.

**Yield: 50 servings: 50 burritos
100 servings: 100 burritos**

Nutrients Per Serving:

***Denotes Missing Nutrient Values**

Calories	301	Iron	2.71	Mg	Protein	17.85	G	Percent Of =>	Protein	23.71%
Cholesterol	20	Mg	403	Mg	Carbohydrates	35.90	G	=>	Carbohydrates	47.68%
Sodium	753	Mg	191	RE	Total Fat	10.06	G	Calories =>	Total Fat	30.08%
Dietary Fiber	5.55	G	8.3	Mg	Saturated Fat	4.88	G	From =>	Saturated Fat	14.59%

Production Notes:

Serving Notes:

Purchasing Guide:

Use commodity products when available

Miscellaneous Notes:

May substitute 1/2 cup 1 Tbsp of dehydrated onions for 1 2/3 cup of fresh onions.

May substitute 9 lb 4 oz of dried pinto beans, cooked, for 2 1/2 No. 10 cans. See Recipe 912 for instructions.