

Beef or Pork Burrito (Using Canned Meats)

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-12B

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned beef with natural juices, undrained OR Canned pork with natural juices, undrained	6 lb 6 oz OR 6 lb 6 oz	3 ½ No. 2 ½ cans OR 3 ½ No. 2 ½ cans	12 lb 12 oz OR 12 lb 12 oz	7 No. 2 ½ cans OR 7 No. 2 ½ cans	1. Remove fat from undrained canned beef or undrained canned pork.
*Fresh onions, chopped OR Dehydrated onions	5 oz OR 1 oz	¾ cup 2 Tbsp OR ½ cup	10 oz OR 2 oz	1 ¾ cups OR 1 cup	
Granulated garlic		1 Tbsp		2 Tbsp	2. Add onions, garlic, pepper, tomato paste, water, and seasonings. Blend well. Simmer for 30 minutes.
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Canned tomato paste	1 lb 12 oz	3 cups 2 Tbsp (¼ No. 10 can)	3 lb 8 oz	1 qt 2 ¼ cups (½ No. 10 can)	
Water		1 qt		2 qt	
†Seasonings Chili powder Ground cumin Paprika Onion powder		3 Tbsp 2 Tbsp 1 Tbsp 1 Tbsp		¼ cup 2 Tbsp ¼ cup 2 Tbsp 2 Tbsp	
Reduced fat Cheddar cheese, shredded	3 lb 3 oz	3 qt ¾ cup	6 lb 6 oz	1 gal 2 ¾ qt	
Enriched flour tortillas (at least 0.9 oz each)		50 each		100 each	4. Steam tortillas for 3 minutes until warm. OR Place in warmer to prevent torn tortillas when folding.
					5. Portion meat mixture with No. 12 scoop (½ cup) onto each tortilla. Fold around meat envelope style.
					6. 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.
					7. 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.

Beef or Pork Burrito (Using Canned Meats)

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-12B

Reduced fat Cheddar cheese, shredded (optional)	13 oz	3 ¼ cups	1 lb 10 oz	1 qt 2 ½ cups	8. CCP: Hold for hot service at 135° F or higher.
					Sprinkle shredded cheese (optional) evenly over burritos before serving.

Comments:

*See Marketing Guide.

†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.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	6 oz	12 oz

SERVING:

1 burrito provides 2 oz equivalent meat/meat alternate, ¼ cup of vegetable, and 1 serving of grains/breads.

YIELD:

50 Servings: 50 burritos

100 Servings: 100 burritos

VOLUME:

50 Servings: 2 sheet pans

100 Servings: 3 sheet pans

Edited 2004

Nutrients Per Serving

Calories	241	Saturated Fat	4.73 g	Iron	2.35 mg
Protein	16.87 g	Cholesterol	35 mg	Calcium	313 mg
Carbohydrate	21.46 g	Vitamin A	845 IU	Sodium	466 mg
Total Fat	9.78 g	Vitamin C	9.7 mg	Dietary Fiber	2.0 g