

Beef or Pork Burrito

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-12

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat) OR Raw ground pork (no more than 20% fat)	5 lb 2 oz OR 5 lb 2 oz		10 lb 4 oz OR 10 lb 4 oz		1. Brown ground beef or pork. Drain. Continue immediately.
*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	2. Add onions, granulated garlic, pepper, tomato paste, water, and seasonings. Blend well. Simmer for 30 minutes.
Granulated garlic		1 Tbsp		2 Tbsp	
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 cups		3 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	2 lb 8 oz	2 qt 2 cups	5 lb	1 gal 1 qt	3. Combine shredded cheese with meat mixture.
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 heaping No. 12 scoop (¾ cup plus 1 Tbsp) 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.

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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.
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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 ½ servings of grains/breads.

YIELD:

50 Servings: about 10 lb 5 oz (filling)
50 burritos

100 Servings: about 20 lb 10 oz (filling)
100 burritos

VOLUME:

50 Servings: about 1 gallon 1 quart (filling)
2 sheet pans

100 Servings: about 2 gallons 2 quarts (filling)
3 sheet pans

Tested 2004

Nutrients Per Serving

Calories	273	Saturated Fat	5.76 g	Iron	2.62 mg
Protein	18.82 g	Cholesterol	43 mg	Calcium	264 mg
Carbohydrate	21.34 g	Vitamin A	800 IU	Sodium	351 mg
Total Fat	12.46 g	Vitamin C	9.7 mg	Dietary Fiber	2.0 g