

# Bean Burrito

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-12A

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
*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	1. Mix onions, granulated garlic, pepper, tomato paste, water, and seasonings. Blend well. Simmer for 15 minutes. Reserve for step 2.
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 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	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.
Canned pinto beans, drained OR *Dry pinto beans, cooked (see Special Tips)	7 lbs OR 7 lbs	1 gal (1 ⅔ No. 10 cans) OR 3 qt 3 ½ cups	14 lbs OR 14 lbs	2 gal (3 ⅓ No. 10 cans) OR 1 gal 3 ¾ qt	
Reduced fat Cheddar cheese, shredded	2 lb 8 oz	2 qt 2 cups	5 lb	1 gal 1 qt	
Enriched flour tortillas, 8-inch (at least 1.5 oz each)		50 each		100 each	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.

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Reduced fat Cheddar cheese, shredded (optional)	13 oz	3 ¼ cups	1 lb 10 oz	1 qt 2 ½ cups	7. 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
Pinto beans, dry	3 lb	6 lb
Mature onions	6 oz	12 oz

SERVING:	YIELD:	VOLUME:
1 burrito provides 2 oz equivalent meat/meat alternate, ¼ cup of vegetable, and 1 serving of grains/breads.	<b>50 Servings:</b> about 13 lb 4 oz (filling) 50 burritos	<b>50 Servings:</b> 1 gallon 2 ¼ quarts (filling) 2 sheet pans
	<b>100 Servings:</b> about 26 lb 8 oz (filling) 100 burritos	<b>100 Servings:</b> 3 gallons ½ quart (filling) 3 sheet pans

Tested 2004

Special Tip:

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 ½ 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.

OR

Chill for later use.

CCP: Cool to 70° F within 2 hours and to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans = about 2 ¾ cups dry or 5 ¼ cups cooked pinto beans.

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Nutrients Per Serving					
Calories	288	Saturated Fat	3.53 g	Iron	3.37 mg
Protein	14.81 g	Cholesterol	13 mg	Calcium	306 mg
Carbohydrate	40.02 g	Vitamin A	801 IU	Sodium	662 mg
Total Fat	7.94g	Vitamin C	10.1 mg	Dietary Fiber	4.7 g