

Breakfast Burrito with Guacamole and Adobo Sauce

Creamy guacamole and spicy adobo create layers of flavor in this easy-to-eat breakfast burrito.

Yield: 26 lbs, 7 oz
Serves: 50
Cook time: 2 minutes



Recipe Details

Ingredient	Qty	Unit	Alt Unit
Olive oil	8	fl oz	1 cup
Perfect Eggs Mix, prepared	150	oz	1 gal, 3 cups
Black beans, cooked	25	oz	1 qt
Onions, julienne, sautéed	25	oz	1-1/2 qt
Green bell peppers, julienne, sautéed	25	oz	1-1/2 qt
Flour tortillas, 8"	90	oz	50 each
BYO Burrito Guacamole, prepared	50	oz	1-1/2 qt
BYO Burrito Red Sauce, prepared	50	oz	1-1/2 qt

Preparation Steps

1. Preheat a sauté pan over medium heat. Add 1 tsp olive oil. Once olive oil is hot, add 3 oz of Perfect Eggs Mix. Scramble eggs until they are almost cooked.
2. Add 1 Tbsp of black beans, 2 Tbsp of onions, and 2 Tbsp of bell peppers to the sauté pan and continue to cook until the eggs are fully cooked and the vegetables are hot.
3. Place egg and vegetable mixture on the bottom 1/3 of a tortilla. Add 2 Tbsp of guacamole and 2 Tbsp of red sauce.
4. Fold the sides in toward the center. Fold the bottom edge toward the center and roll into a burrito.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	303
Energy (Kj)	1280
Fats, total (g)	12
Fats, saturated (g)	2.7
Monounsaturated Fat (g)	
Polyunsaturated Fat (g)	
Cholesterol (mg)	3.3
Sodium (mg)	497
Carbohydrate, total (g)	37
Fiber, total dietary (g)	4.8
Sugars, total (g)	5
Protein (g)	13
Vitamin A (µg_RAE)	31
Vitamin C (mg)	18
Calcium (mg)	129
Iron (mg)	3.8

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

At a minimum, the cooking and handling instructions set forth in the Food Code of the U.S. Public Health Service of the Food and Drug Administration, Department of Health and Human Services, should be reviewed and followed with respect to your preparation of this recipe.

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Perfect Eggs Mix (Plain)

Perfectly fluffy eggs made with *Minor's*® Culinary Cream.

Yield: 70
Serves: 25
Prep time: 2 minutes
Cook time: 2 minutes



Recipe Details

Ingredient	Qty	Unit	Alt Unit
Liquid Eggs	66	oz	2 qt
<i>Minor's</i> Culinary Cream®	6.5	oz	3/4 cup

Preparation Steps

1. Thoroughly whisk together the eggs and *Minor's* Culinary Cream until smooth.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	50.4
Energy (Kj)	224
Fats, total (g)	7.5
Fats, saturated (g)	1.7
Monounsaturated Fat (g)	
Polyunsaturated Fat (g)	
Cholesterol (mg)	3.9
Sodium (mg)	160.5
Carbohydrate, total (g)	1.8
Fiber, total dietary (g)	0.05
Sugars, total (g)	1.7
Protein (g)	7.6
Vitamin A (µg_RAE)	17.14
Vitamin C (mg)	0.37
Calcium (mg)	55.6
Iron (mg)	1.5

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

Chef Tips

Use for scrambled eggs, frittatas, omelets and other breakfast egg applications.

BYO Burrito Guacamole



Speed scratch guacamole.

Yield	100 fl.oz 50(2oz)servings
Serves	50
Preparation time	5 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
4	lb	2	qts	Avocado	pulp
77	oz	2	qts	BYO Burrito Pico De Gallo - prepared	

Preparation Steps

1. Fold avocado pulp together with BYO Burrito Pico de Gallo.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	69.5
Energy (KJ)	291.4
Protein (g)	1.1
Carbohydrate, total (g)	5.5
Fats, total (g)	5.5
Sugars, total (g)	1.5
Fats, saturated (g)	0.8
Fiber, total dietary (g)	3
Sodium (mg)	21.3
Calcium (mg)	10.6
Cholesterol (mg)	0
Iron (mg)	0.3
Fats, monounsaturated (g)	3.6
Fats, polyunsaturated (g)	0.7
Vitamin A (µg_RAE)	7.6
Vitamin C (mg)	10
Vitamin D (µg)	0

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

BYO Burrito Red Sauce



Speed scratch red chile sauce.

Yield	130 fl.oz 65(2oz)servings
Serves	65
Preparation time	5 minutes
Cooking time	10 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
105	oz		1 No. 10 can	Tomato puree	canned
3	oz		3 tbsp	<u>Minor's® Red Chile Adobo Flavor Concentrate Gluten Free (6x13.6oz)US</u>	
0.75	oz		1 tbsp	<u>Minor's® Gluten Free Beef Base made with Natural Ingredients (6x1lb)</u>	
32	fl oz		1 qt	Water	

Preparation Steps

1. In a pot over medium heat, blend together tomato puree, Red Chile Adobo Flavor Concentrate, Vegetable Base and water. Season to taste.

Chef's tip

Great for wet burritos and enchiladas.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	19.9
Energy (KJ)	83.5
Protein (g)	0.8
Carbohydrate, total (g)	4.3
Fats, total (g)	0.3
Sugars, total (g)	2.3
Fats, saturated (g)	0
Fiber, total dietary (g)	0.9
Sodium (mg)	58.6
Calcium (mg)	8.9
Cholesterol (mg)	0.1
Iron (mg)	0.8
Fats, monounsaturated (g)	0.1
Fats, polyunsaturated (g)	0.1
Vitamin A (µg_RAE)	23.9
Vitamin C (mg)	4.9
Vitamin D (µg)	0

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

BREAKFAST BURRITO

ORDER GUIDE

Order Guide for **50** Servings

> Dry Goods

- € ☐ 1 qt tomato puree
- € ☐ 1 qt black beans
- € ☐ 50 8" flour tortillas
- € ☐ 1 can Chef-Mate® Basic Cheddar Cheese Sauce

> Produce

Be sure to ask your distributor about local seasonal produce.

- € ☐ 3 oz scallions
- € ☐ 5 lbs tomatillos
- € ☐ 4 lbs yellow onions
- € ☐ 4 oz cilantro
- € ☐ 5-1/2 lbs tomatoes
- € ☐ 1 lb red onions
- € ☐ 2-1/4 lbs red bell peppers

> Frozen

- € ☐ 12 oz IQF Roasted corn

> Refrigerated

- € ☐ 1-1/2 lbs avocado pulp
- € ☐ 1 tub Minor's® Fire Roasted Jalapeño Flavor Concentrate
- € ☐ 1 tub Minor's Natural Gluten Free Vegetable Base
- € ☐ 1 tub Minor's Red Chile Adobo Flavor Concentrate
- € ☐ 4 qt liquid eggs
- € ☐ 4 tubs Minor's Flavor Concentrates (for 4 flavored egg variations: see recipes)
- € ☐ 1 tub Minor's Culinary Cream

BREAKFAST BURRITO

PREP GUIDE

Serves: 50

All preparation and set-ups must be in accordance with the health department regulations and follow standard operator procedures and policies.

> Day Before Service

- € ☐ Secure 50 8" tortillas
- € ☐ Make 2x Perfect Eggs Mix recipe (divide into 4 variations using Perfect Eggs Mix variation recipes)
- € ☐ Make BYO Burrito Pico de Gallo recipe
- € ☐ Make BYO Burrito Corn Salsa recipe
- € ☐ Make BYO Burrito Guacamole recipe
- € ☐ Make BYO Burrito Green Sauce recipe
- € ☐ Make BYO Burrito Red Sauce recipe
- € ☐ Secure black beans
- € ☐ 8 oz squirt bottles of oil (3)
- € ☐ Julienne and sauté 2.25 lbs yellow onions
- € ☐ Julienne and sauté 2.25 lbs bell peppers

> Day of Service

- € ☐ Heat Red, Green and Cheese Sauces

> Station Set Up

- € ☐ Clean uniform
- € ☐ Gloves
- € ☐ Sanitizer solution with kitchen towel
- € ☐ 3 additional kitchen towels
- € ☐ 1-2 portable burners
- € ☐ Check the burner's function, power and/or fuel
- € ☐ 2 appropriate size sauté pans
- € ☐ Refuse container
- € ☐ Chaffer for holding sauces
- € ☐ Deep 1/3 pans for red sauce, green sauce, cheese sauce (3)
- € ☐ 1 oz ladle for green sauce, red sauce, cheese sauce (3)
- € ☐ Basket with liner for holding tortillas
- € ☐ Tongs for tortillas
- € ☐ Containers for cold holding beans, onions, peppers (3)
- € ☐ 1 oz scoop for beans, onions, peppers (3)
- € ☐ Containers for cold holding salsas, guacamole (3)
- € ☐ 1 oz scoops for salsas, guacamole (3)
- € ☐ Cold holding container for eggs (4)
- € ☐ 3 oz ladle for eggs (4)
- € ☐ Cutting board
- € ☐ Aluminum sheets for to-go burrito