

## Breakfast Burrito with Pico de Gallo and Cheddar Cheese

Packed with protein and vegetables, this flavorful burrito makes morning meals simple and delicious.

Yield: 25 lbs, 11 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
Red bell peppers, julienne, sautéed	25	oz	1-1/2 qt
Flour tortillas, 8"	90	oz	50 each
BYO Burrito Pico de Gallo, prepared	36	oz	1-1/2 qt
BYO Burrito Basic Cheddar Cheese Sauce, prepared	52	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 pico de gallo and 2 Tbsp of Cheddar Cheese 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)	313
Energy (Kj)	1330
Fats, total (g)	12.4
Fats, saturated (g)	3.03
Monounsaturated Fat (g)	
Polyunsaturated Fat (g)	
Cholesterol (mg)	4.7
Sodium (mg)	659
Carbohydrate, total (g)	37.7
Fiber, total dietary (g)	3.6
Sugars, total (g)	4.3
Protein (g)	12.9
Vitamin A (µg_RAE)	44.4
Vitamin C (mg)	31
Calcium (mg)	135
Iron (mg)	3.6

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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## BYO Burrito Pico De Gallo



Fresh salsa featuring MINOR'S® Fire Roasted Jalapeno Flavor Concentrate.

Yield	144 oz. 96(2oz)servings
Serves	96
Preparation time	15 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
99	oz	4-1/2 qts		Tomatoes	seeded, diced
30	oz	1-1/2 qts		Onions	small dice
3	oz	1/2 cup		<u>Minor's® Fire Roasted Jalapeno Flavor Concentrate Gluten Free (6x13.6oz)US</u>	
3	oz	1 cup		Cilantro	chopped

### Preparation Steps

1. Add tomatoes, onions, Fire Roasted Jalapeno Flavor Concentrate and cilantro to a bowl. Fold together until thoroughly combined.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	10.5
Energy (Kj)	44.1
Protein (g)	0.4
Carbohydrate, total (g)	2.2
Fats, total (g)	0.2
Sugars, total (g)	1.2
Fats, saturated (g)	0
Fiber, total dietary (g)	0.5
Sodium (mg)	17.1
Calcium (mg)	5.7
Cholesterol (mg)	0
Iron (mg)	0.1
Fats, monounsaturated (g)	0.1
Fats, polyunsaturated (g)	0.1
Vitamin A (µg_RAE)	15.4
Vitamin C (mg)	5.8
Vitamin D (µg)	0

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

## 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.

# 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