

Black Bean and Sweet Potato Breakfast Taco

A versatile and protein packed breakfast taco.

Yield: 17 lbs, 3 oz
Serves: 50
Cook time: 2 minutes
Prep time: 2 minutes



Recipe Details

Ingredient	Qty	Unit	Alt Unit
Black beans, cooked	37-1/2	oz	1-1/2 qt
Sweet potato, peeled, diced, blanched	37-1/2	oz	1-1/2 qt
Perfect Eggs Mix, prepared	100	oz	12-1/2 cups
Tortilla, flour	75	oz	50 each
BYO Burrito Red Sauce	25	oz	3 cups

Preparation Steps

1. Sauté 1-1/2 Tbsp of black beans and 1-1/2 Tbsp sweet potatoes until warmed through. Add 2 oz Perfect Eggs Mix.
2. Scramble together until eggs are fully cooked.
3. Place beans and Perfect Eggs Mix in the center of the tortilla and top with 1 Tbsp BYO Burrito Red Sauce.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	212.2
Energy (KJ)	894.74
Fats, total (g)	4.29
Fats, saturated (g)	1.36
Monounsaturated Fat (g)	
Polyunsaturated Fat (g)	
Cholesterol (mg)	2.2
Sodium (mg)	386.87
Carbohydrate, total (g)	33.15
Fiber, total dietary (g)	4.04
Sugars, total (g)	3.3
Protein (g)	10.2
Vitamin A (µg_RAE)	166
Vitamin C (mg)	1.9
Calcium (mg)	100.1
Iron (mg)	3

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

Serving Suggestions

One of the flavor concentrate egg variations can also be used in this application.

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.

BLACK BEAN AND SWEET POTATO BREAKFAST TACO

ORDER GUIDE

Order Guide for **50** Servings

> Dry Goods

- € ☐ 50 6" flour tortillas
- ☐ 1 pt fat-free mayonnaise
- ☐ 1 qt canned tomato purée
- ☐ 3 lbs canned black beans

> Produce

Be sure to ask your distributor about local seasonal produce.

- € ☐ 3 lbs local seasonal sweet potato*
- € ☐ 3 lbs local seasonal produce*
- € ☐ 3 lbs local seasonal produce*
- € ☐ 3 lbs local seasonal produce*
- € ☐ 3 lbs local seasonal produce*
- € ☐ 2 qt fresh diced tomatoes or 3 lbs whole fresh tomatoes
- € ☐ 2 each red onion
- € ☐ 1 oz fresh cilantro

**Spinach, kale, various mushrooms, jalapeno peppers, bell peppers, olives, potatoes, broccoli, cauliflower, carrots, asparagus, beans, sundried tomatoes, zucchini, chopped herbs and squash are all items that work well on this station.*

> Protein

- € ☐ 4-7 lbs meat*

**Bacon, sausage, ham, fish and shellfish, beef, pork, and poultry are all items that work well on this station.*

> Dairy

- ☐ 1 cup fat-free sour cream

> Refrigerated

- € ☐ 3 qt liquid eggs
- ☐ 1 tub Minor's® Culinary Cream
- ☐ 3 tubs Minor's Flavor Concentrates (for 3 flavored egg variations, see recipes)
- ☐ 1 tub Minor's Fire Roasted Jalapeño Concentrate
- ☐ 1-1/2 lbs avocado pulp
- ☐ 1 tub Minor's Red Chile Adobo Flavor Concentrate
- ☐ 1 tub Minor's Natural Gluten Free Vegetable Base

BLACK BEAN AND SWEET POTATO BREAKFAST TACO

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 6" tortillas
- € ☐ Prepare 1-1/2x Perfect Eggs Mix recipe (divide into 3 variations using Perfect Eggs Mix variation recipes)
- € ☐ Prepare Jalapeño Crema recipe
- € ☐ Prepare BYO Burrito Pico de Gallo recipe
- € ☐ Prepare BYO Burrito Guacamole recipe
- € ☐ Prepare BYO Burrito Red Sauce recipe
- € ☐ Open, rinse and drain 3 lbs of black beans
- € ☐ Clean, cut and sauté 3 lbs local seasonal sweet potato*
- € ☐ Clean, cut and sauté 3 lbs local seasonal produce*
- € ☐ Clean, cut and sauté 3 lbs local seasonal produce*
- € ☐ Clean, cut and sauté 3 lbs local seasonal produce*
- € ☐ Clean, cut and sauté 3 lbs local seasonal produce*
- € ☐ Cook, cool and cut 4-7 lbs meat for Breakfast Taco Station
- € ☐ Fill 8 oz squirt bottles with oil (3)

**Certain mix-ins may require slightly different preparations depending on the item.*

> Station Set Up

- € ☐ Clean uniform
- € ☐ Gloves
- € ☐ Sanitation bucket with towel
- € ☐ 3 additional towels
- € ☐ 1-2 portable burners
- € ☐ Check the burners function, power and/or fuel
- € ☐ 2 appropriate size sauté pans (nonstick omelet pans)
- € ☐ Refuse container
- € ☐ Lined basket for tortillas with extra linen on top to keep them fresh
- € ☐ Heatproof spatulas (2)
- € ☐ Container for holding eggs cold (3)
- € ☐ 3 oz ladle for eggs (3)
- € ☐ Containers for holding meat, vegetables and salsas cold (10)
- € ☐ Tongs or tablespoon scoops for meat, vegetables and salsas (10)
- € ☐ 1 bottle for Jalapeño Crema