

BYO Burrito with Black Beans



Burrito featuring MINOR'S® Latin Flavor Concentrates.

Yield	50 burritos 50(13oz)servings
Serves	50
Preparation time	10 minutes
Cooking time	10 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
2	fl oz	4	tbsp	Olive oil	
3	lb	1-1/2	qts	Onions	medium dice
3	lb	1-1/2	qts	Green Bell Peppers	medium dice
130	oz	50	each	Tortilla, whole wheat	10-inch
133	oz	1	gal 3 cups	Brown rice, cooked	hot
237	oz	1	gal 3 cups	Adobo Black Beans - prepared	
38	oz	1-1/2	qts	BYO Burrito Guacamole - prepared	
37	oz	1-1/2	qts	BYO Burrito Pico De Gallo - prepared	
100	oz	3	qts	BYO Burrito Green Sauce - prepared	
100	oz	3	qts	BYO Burrito Red Sauce - prepared	
100	oz	3	qts	BYO Burrito Corn Salsa - prepared	

Preparation Steps

1. Toss onions and peppers with oil. Roast in a convection oven at 425°F for 8-10 minutes or until they are nicely browned.
2. Warm tortillas. Add rice, Adobo Black Beans, peppers, onions, BYO Burrito Pico de Gallo and BYO Burrito Guacamole to bottom half of the tortilla.
3. Fold the left and right quarters of the tortilla toward the middle of the burrito. Fold the bottom quarter of the tortilla over the fillings and tightly tuck the seams. Roll tight.
4. Top the half of the burrito with Green Sauce and the other half with Red Sauce. Add corn salsa to the top as well.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	588.3
Energy (KJ)	2521.2
Protein (g)	21.9
Carbohydrate, total (g)	100.8
Fats, total (g)	11.1
Sugars, total (g)	10.6
Fats, saturated (g)	1
Fiber, total dietary (g)	19.7
Sodium (mg)	521.7
Calcium (mg)	77.6
Cholesterol (mg)	0.1
Iron (mg)	5.6
Vitamin A (µg_RAE)	58.4
Vitamin C (mg)	49.2

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

BYO Burrito Corn Salsa



Speed scratch corn salsa.

Yield	3 qts 50(2oz)servings
Serves	50
Preparation time	5 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
37	oz	1-1/2 qts		Corn	kernels, roasted
6.25	oz	3 cups		Scallions	chopped
53	oz	1-1/2 qts		BYO Burrito Pico De Gallo - prepared	

Preparation Steps

1. Combine corn, scallions, and BYO Burrito Pico de Gallo.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	27.1
Energy (Kj)	113.5
Protein (g)	1
Carbohydrate, total (g)	5.9
Fats, total (g)	0.4
Sugars, total (g)	1.7
Fats, saturated (g)	0.1
Fiber, total dietary (g)	1
Sodium (mg)	16.6
Calcium (mg)	7.2
Cholesterol (mg)	0
Iron (mg)	0.3
Fats, monounsaturated (g)	0.1
Fats, polyunsaturated (g)	0.2
Vitamin A (µg_RAE)	7.4
Vitamin C (mg)	6.5
Vitamin D (µg)	0

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BYO Burrito Green Sauce



Spicy green sauce featuring fire roasted jalapenos.

Yield	125 oz 50(2oz)servings
Serves	50
Preparation time	5 minutes
Cooking time	20 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
2	fl oz	1/4 cup		Olive oil	
132	oz	2 gallons		Tomatillos	quartered
2	lb	2 qts		Onions	large dice
8	oz	1 cup		Minor's® Fire Roasted Jalapeno Flavor Concentrate Gluten Free (6x13.6oz)US	
1.25	oz	1-1/2 cups		Cilantro	
32	fl oz	1 qt		Water	
1/2	oz	1 tbsp		Minor's® Gluten Free Vegetable Base made with Natural Ingredients (6x1lb)	

Preparation Steps

1. Combine olive oil, tomatillos, and onions. Coat the onions and tomatillos evenly with oil and place on a sheet pan for roasting. Roast in a convection oven at 425°F for 10-15 minutes.
2. Add roasted onions and tomatillos to a blender with Fire Roasted Jalapeno Flavor Concentrate. Puree until smooth.
3. Add cilantro to pureed tomatillos and puree until the sauce takes on a bright green color and the cilantro is fully incorporated into the sauce.
4. Combine water with Vegetable Base and add to green sauce. Blend until fully incorporated.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	48.7
Energy (KJ)	205.5
Protein (g)	1
Carbohydrate, total (g)	6.9
Fats, total (g)	2.4
Sugars, total (g)	3.9
Fats, saturated (g)	0.3
Fiber, total dietary (g)	1.8
Sodium (mg)	99.7
Calcium (mg)	11.2
Cholesterol (mg)	0
Iron (mg)	0.6
Fats, monounsaturated (g)	1.2
Fats, polyunsaturated (g)	0.6
Vitamin A (µg_RAE)	7.8
Vitamin C (mg)	16.9
Vitamin D (µg)	0

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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

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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

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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

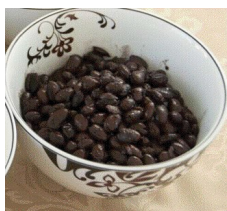
Great for wet burritos and enchiladas.

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

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Adobo Black Beans



Flavorful adobo beans featuring MINOR'S® base and flavor concentrate.

Yield	6 qts 64(3oz)servings
Serves	64
Preparation time	5 minutes
Cooking time	10 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
138	oz		2 No. 10 cans	Black beans, cooked	drained, rinsed, divided
12	fl oz		1-1/2 cups	Water	
6	oz		3/4 cup	Minor's® Red Chile Adobo Flavor Concentrate Gluten Free (6x13.6oz)US	
1.25	oz		2 tbsp	Minor's® Gluten Free Vegetable Base made with Natural Ingredients (6x1lb)	

Preparation Steps

- Place 2 cups of black beans in a food processor with water, Red Chile Adobo Flavor Concentrate, and Vegetable Base. Puree until smooth.
- Toss remaining black beans with adobo bean puree.

Chef's tip

Serve as a side or as part of a bean burrito.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	85
Energy (KJ)	356.7
Protein (g)	5.5
Carbohydrate, total (g)	14.8
Fats, total (g)	0.6
Sugars, total (g)	0.2
Fats, saturated (g)	0.1
Fiber, total dietary (g)	5.4
Sodium (mg)	61.9
Calcium (mg)	17.4
Cholesterol (mg)	0
Iron (mg)	1.3
Fats, monounsaturated (g)	0.1
Fats, polyunsaturated (g)	0.3
Vitamin A (µg_RAE)	26.7
Vitamin C (mg)	0.2
Vitamin D (µg)	0

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Adobo Yogurt



Cooling sauce that compliments Latin themed entrees and sides.

Yield	1-1/2 qts 50(1oz)servings
Serves	50
Preparation time	5 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
2.5	oz	4-1/2	tblsp	<u>Minor's® Red Chile Adobo Flavor Concentrate Gluten Free (6x13.6oz)US</u>	
3	lb	1-1/2	qts	Yogurt, plain, nonfat	

Preparation Steps

1. Whisk together Red Chile Adobo Flavor Concentrate and yogurt.

Chef's tip

Healthy alternative to adobo sour cream.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	19.1
Energy (Kj)	80.3
Protein (g)	1.5
Carbohydrate, total (g)	2
Fats, total (g)	0.6
Sugars, total (g)	1.9
Fats, saturated (g)	0.3
Fiber, total dietary (g)	0.1
Sodium (mg)	30
Calcium (mg)	50.2
Cholesterol (mg)	1.6
Iron (mg)	0.1
Fats, monounsaturated (g)	0.1
Fats, polyunsaturated (g)	0.1
Vitamin A (µg_RAE)	16.8
Vitamin C (mg)	0.3

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BYO BURRITO

ORDER GUIDE

Order Guide for **50** Servings

> Dry Goods

- € ☐ Brown rice 3 lbs
- € ☐ 10" whole wheat tortillas 8 lbs or 50 each
- € ☐ Black beans 2 #10 cans
- € ☐ Tomato puree 1 #10 can

> Produce

***be sure to ask your distributor about local seasonal produce*

- € ☐ Scallions 8 oz
- € ☐ Tomatillo 9 lbs
- € ☐ Onions, white 5 lbs
- € ☐ Cilantro fresh, 1 lb
- € ☐ Fresh diced tomatoes 6.5 lbs
- € ☐ Red onion 2 lbs
- € ☐ Bell peppers 3 lbs

> Frozen

- € ☐ IQF roasted corn 2.5 lbs €

> Protein

> Dairy

€

> Refrigerated

- ☐ Avocado pulp 4 lbs
- € ☐ MINOR'S® Red Chile Adobo Flavor Concentrate 1 tub
- € ☐ MINOR'S Fire Roasted Jalapeño Flavor Concentrate 1 tub
- € ☐ MINOR'S Natural Gluten Free Vegetable Base 1 tub

BYO 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

- € ☐ Clean, medium dice, oil, season, and roast onions and peppers
- € ☐ Secure tortillas
- € ☐ Cook brown rice
- € ☐ Prepare adobo black bean recipe
- € ☐ Prepare BYO Burrito pico de gallo recipe
- € ☐ Prepare BYO Burrito corn salsa
- € ☐ Prepare BYO Burrito guacamole recipe
- € ☐ Prepare BYO Burrito green sauce recipe
- € ☐ Prepare BYO Burrito red sauce recipe
- € ☐ Prepare adobo yogurt recipe

> Day of Service

- € ☐ Heat brown rice, black beans, red sauce, green sauce, roasted onions and peppers

> 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 rice, peppers and onions, black beans, red sauce and green sauce (2)
- € ☐ Deep half pan for rice, peppers and onions (2)
- € ☐ Deep 1/3 pans for beans, green sauce, red sauce (3)
- € ☐ 3 oz scoop for rice, beans (2)
- € ☐ 2 oz scoop for peppers and onions
- € ☐ 2 oz ladle for green sauce, red sauce (2)
- € ☐ Basket with liner for holding tortillas
- € ☐ Tongs for tortillas
- € ☐ Containers for holding salsas, adobo yogurt, guacamole (4)
- € ☐ 2 oz scoops for salsas, yogurt, guacamole (4)
- € ☐ Cutting board
- € ☐ Aluminum sheets for to-go burritos