

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.

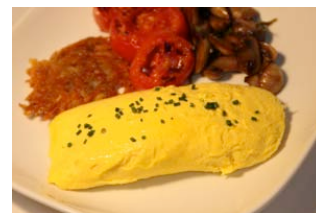
Serving Suggestions

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

Kale and Chorizo Breakfast Taco

Perfect Eggs Mix featuring kale and crumbled chorizo.

Yield: 15 lbs, 10 oz
Serves: 50
Cook time: 2 minutes
Prep time: 2 minutes



Recipe Details

Ingredient	Qty	Unit	Alt Unit
Chorizo, cooked, crumbled	25	oz	1 qt
Kale, chopped, blanched	25	oz	1-1/2 gal
Perfect Eggs Mix recipe, prepared	100	oz	12-1/2 cups
Tortilla, flour	75	oz	50 each
BYO Burrito Guacamole recipe, prepared	25	oz	3 cups

Preparation Steps

1. Sauté 1-1/2 Tbsp chorizo until warmed through. Add kale and sauté until wilted. Add 2 oz Perfect Eggs Mix.
2. Scramble together until eggs are fully cooked.
3. Place chorizo and Perfect Eggs Mix in the center of the tortilla and top with 1 Tbsp BYO Burrito Guacamole.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	243.74
Energy (KJ)	1023.16
Fats, total (g)	10.7
Fats, saturated (g)	3.52
Monounsaturated Fat (g)	
Polyunsaturated Fat (g)	
Cholesterol (mg)	14.66
Sodium (mg)	546.37
Carbohydrate, total (g)	24.3
Fiber, total dietary (g)	2.31
Sugars, total (g)	2.2
Protein (g)	11.91
Vitamin A (µg_RAE)	85.34
Vitamin C (mg)	17.6
Calcium (mg)	107.8
Iron (mg)	2.8

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.

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

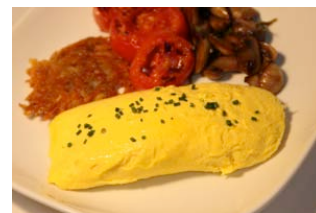
Nutritional analysis per serving	
Energy (Kcal)	69.5
Energy (KJ)	291.4
Protein (g)	1.1
Carbohydrate, total (g)	5.5
Fats, total (g)	5.5
Sugars, total (g)	1.5
Fats, saturated (g)	0.8
Fiber, total dietary (g)	3
Sodium (mg)	21.3
Calcium (mg)	10.6
Cholesterol (mg)	0
Iron (mg)	0.3
Fats, monounsaturated (g)	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.

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.

KALE AND CHORIZO BREAKFAST TACO

ORDER GUIDE

Order Guide for **50** Servings

> Dry Goods

- € ☐ 50 8" flour tortillas
- € ☐ 1 qt fat-free mayonnaise

> Produce

Be sure to ask your distributor about local seasonal produce.

- € ☐ 6-1/2 lbs local seasonal tomatoes
- € ☐ 5 lbs local seasonal kale
- € ☐ 3 lbs local seasonal produce*
- € ☐ 3 lbs local seasonal produce*
- € ☐ 3 lbs local seasonal produce*
- € ☐ 3 lbs local seasonal produce*

**Spinach, onions, jalapeño peppers, bell peppers, olives, potatoes, broccoli, cauliflower, carrots, beans, sundried tomatoes, zucchini, chopped herbs and squash can all be added to increase guest customization.*

> Protein

- € ☐ 4 lbs meat (optional)**

***Bacon, sausage, ham, turkey or chicken can all be added to increase guest customization.*

> Dairy

- ☐ 1 pt plain fat-free sour cream
- € ☐ 12 oz Parmesan cheese (optional)*

**Cheddar, Gruyere, Provolone and American cheeses can all be added to increase guest customization.*

> Refrigerated

- € ☐ 4 qt liquid eggs
- € ☐ 1 tub Minor's® Culinary Cream
- € ☐ 1 tub Minor's Roasted Garlic Flavor Concentrate
- € ☐ 1 tub Minor's Natural Gluten Free Vegetable Base
- € ☐ 1 tub Minor's Jalapeño Flavor Concentrate

KALE AND CHORIZO 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 8" tortillas
- € ☐ Prepare 2x Perfect Eggs Mix recipe (divide into 3 variations using Perfect Eggs Mix variation recipes)
- € ☐ Prepare Jalapeño Crema recipe, place in squirt bottle
- € ☐ Prepare Garlic Spread recipe, place in squirt bottle
- € ☐ Prepare Vegetable Crema recipe, place in squirt bottle
- € ☐ Secure 12 oz shredded Parmesan cheese
- € ☐ Clean and dice 6-1/2 lbs local seasonal tomatoes*
- € ☐ Clean, cut and sauté 5 lbs local seasonal kale*
- € ☐ 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 lbs meat for breakfast taco station (optional)
- € ☐ 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 burner's 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 spatula (2)
- € ☐ Container for holding eggs cold
- € ☐ 3 oz ladle for eggs
- € ☐ Containers for holding meat, vegetables and cheese cold (8)
- € ☐ Tongs or tablespoon scoops for meat, vegetables and cheese (8)

Roasted Salmon Breakfast Taco

A breakfast taco with sea-inspired flair.

Yield: 18-1/4 lbs
Serves: 50
Cook time: 2 minutes
Prep time: 2 minutes



Recipe Details

Ingredient	Qty	Unit	Alt Unit
Salmon, roasted, flaked	75	oz	
Chive	5-1/4	oz	1 cup
Onion, red	12-1/4	oz	1 cup
Perfect Eggs Mix recipe, prepared	100	oz	12-1/2 cups
Tortilla, flour	75	oz	50 each
Roasted Jalapeño Crema recipe prepared	25	oz	3 cups

Preparation Steps

1. Sauté 1-1/2 oz of salmon until warmed through. Add 1 tsp chive, 1 tsp red onion and 2 oz Perfect Eggs Mix.
2. Scramble together until eggs are fully cooked.
3. Place salmon and Perfect Eggs Mix in the center of the tortilla and top with 1 Tbsp Roasted Jalapeño Crema.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	256.9
Energy (KJ)	1085.62
Fats, total (g)	9.6
Fats, saturated (g)	2.64
Monounsaturated Fat (g)	
Polyunsaturated Fat (g)	
Cholesterol (mg)	29.8
Sodium (mg)	475
Carbohydrate, total (g)	25.17
Fiber, total dietary (g)	1.66
Sugars, total (g)	3.13
Protein (g)	16.6
Vitamin A (µg_RAE)	24.1
Vitamin C (mg)	3.9
Calcium (mg)	95.8
Iron (mg)	2.5

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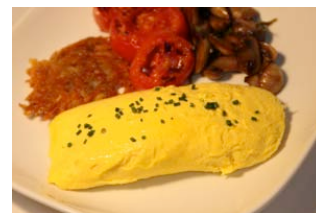
Serving Suggestions

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.

Roasted Jalapeño Crema

Add spice to any side dish or entrée with this simple jalapeño spread.

Yield: 3 cups
Serves: 69
Prep time: 2 minutes



Recipe Details

Ingredient	Qty	Unit	Alt Unit
Mayonnaise, fat-free	16	oz	2 cups
Sour cream, fat-free	8	oz	1 cup
Minor's® Fire Roasted Jalapeño Flavor Concentrate (6x13.6oz) US	1.5	oz	2 Tbsp, 2 tsp

Preparation Steps

1. In a mixing bowl, thoroughly whisk together the mayonnaise, sour cream and Minor's Fire Roasted Jalapeño Flavor Concentrate.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	10.85
Energy (Kj)	48.18
Fats, total (g)	0.63
Fats, saturated (g)	0.29
Monounsaturated Fat (g)	
Polyunsaturated Fat (g)	
Cholesterol (mg)	1.87
Sodium (mg)	65.17
Carbohydrate, total (g)	1.23
Fiber, total dietary (g)	0.13
Sugars, total (g)	0.7
Protein (g)	0.12
Vitamin A (µg_RAE)	1.09
Vitamin C (mg)	
Calcium (mg)	
Iron (mg)	0.01

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

ROASTED SALMON 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

> Produce

Be sure to ask your distributor about local seasonal produce

- € ☐ 3 lbs local seasonal produce*
- € ☐ 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
- ☐ 4 each red onion
- € ☐ 1 oz fresh cilantro
- € ☐ 6 oz chive

**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.*

> Dairy

- ☐ 1 cup fat-free sour cream

> Protein

- ☐ 5 lbs salmon**

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

> 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

ROASTED SALMON 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 Roasted Jalapeño Crema recipe
- € ☐ Prepare BYO Burrito Pico de Gallo recipe
- € ☐ Prepare BYO Burrito Guacamole recipe
- € ☐ Prepare BYO Burrito Red Sauce recipe
- € ☐ 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*
- € ☐ Clean, cut and sauté 3 lbs local seasonal produce*
- € ☐ Cook, cool and flake 5 lbs salmon for Breakfast Taco Station
- € ☐ Chop 1 cup chives
- € ☐ Finely dice 1 cup red onion
- € ☐ 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 burner's 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 Roasted Jalapeño Crema