

Bean Burrito

Recipe Component Grains Meat

Recipe Category Main dish

Recipe # USDA Recipes for Child care

	50 serving		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Onion, chopped, ¼-inch	5 oz	¾ c 2 Tbsp			<ol style="list-style-type: none"> 1. Combine onions, granulated garlic, pepper, tomato paste, water, chili powder, cumin, paprika, and onion powder. Blend well. Simmer for 15 minutes. 2. Using a mixer with paddle attachment, puree beans for 4-5 minutes on medium speed until beans are a smooth consistency. Combine ingredients from step 1, and shredded cheese with pureed beans. 3. Steam tortillas for 3 minutes or until warm. OR Place in warmer to prevent torn tortillas when folding. 4. Portion bean mixture with No. 8 scoop (1/2 cup) onto each tortilla. Fold around beans envelope style. 5. Place folded burritos seam side down on half-sheet pans (13" x 18" x 1") which have been lightly coated with pan release spray, 12-13 burritos per pan. For 25 servings, use 2 pans. For 50 servings, use 4 pans.
OR	OR	OR			
Dehydrated onion	1 oz	1/2 cups			
Granulated garlic		1 Tbsp			
Ground black or white pepper		2 tsp			
Canned tomato paste	1 lb 12 oz	3 c 2 Tbsp			
Water		1 qt			
Chili powder		3 Tbsp			
Ground cumin		2 Tbsp			
Paprika		1 Tbsp			
Onion powder		1 Tbsp			
Canned black beans, drained		2 ⅓ No 10 can			
Reduced fat cheddar cheese, shredded	3 lb 3oz	3 qt 3 ½ c			
WGR flour tortilla (at least 0.9 oz each)	50 each				

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Reduced fat cheddar cheese, shredded (optional)	13 oz	3 ¾ c			<p>6. CCP: Heat to 165° F or higher. Conventional oven: 375° F for 15 minutes. Convection oven: 325° F for 15 minutes.</p> <p>7. Sprinkle shredded cheese (optional) evenly over burritos before serving.</p> <p>8. CCP: Hold for hot service at 140° F or warmer. Portion is 1 burrito.</p>
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Nutrients Per Serving

Calories Protein Carbohydrate Total Fat	Saturated Fat Cholesterol Vitamin A Vitamin C	Iron Calcium Sodium Dietary Fiber
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Serving:
1-2 years:
3-5 years:
6-18 years:

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings