

Bean Burrito Bowl (Bean Mixture)

Component: Meat/Meat Alternate-
Vegetable

Main Dish

D120A

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Canned low-sodium pinto beans, drained, rinsed OR *Dry pinto beans, cooked (See Notes Section)	11 lb	1 gal 2 qt (2 1/2 No. 10 cans)			<p>1. Combine beans, onions, garlic powder, pepper, seasonings, water, and tomato paste in a medium stock pot. Stir well.</p> <p>2. Simmer over medium heat uncovered for 15 minutes, stirring occasionally.</p> <p>3. CCP: Heat to 165 °F or higher for 15 seconds.</p> <p>4. CCP: Hold for hot service at 135 °F.</p> <p>5. To make burrito bowl combine with cilantro brown rice (see recipe), diced tomatoes, shredded lettuce (3 years old and older) and shredded cheese. See portion sizes for each listed with the serving information.</p> <p>6. First layer: Portion rice mixture. Second layer: Portion bean mixture. Third layer: Portion tomatoes and shredded lettuce. Garnish with cheese.</p>
*Fresh onions, chopped	6 oz	1 cup 3 Tbsp 1 tsp			
Garlic powder (adjust if necessary)		1 Tbsp			
Ground black pepper		2 tsp			
Chili powder		3 Tbsp			
Ground cumin		2 Tbsp			
Paprika		1 Tbsp			
Onion powder		1 Tbsp			
Salt (omit if low-sodium beans are not available)		1 tsp			
Water		2 qt 1 cup			
Canned no-salt-added tomato paste	1 lb 12 oz	3 cups 2 Tbsp (1/4 No. 10 can)			

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Serving: 1/2 cup bean mixture with 1 Tbsp of shredded cheese = 1.5 oz meat/alt **Yield:** **Volume:**

1-2 years: 1/4 cup rice, 1/3 cup bean mixture, 1/8 cup tomatoes, 2 tsp shredded cheese

3-5 years: 1/4 c rice, 1/2 cup bean mixture, 1/8 cup tomatoes, 1/8 cup shredded lettuce, 1Tbsp shredded cheese

6-18: 1/2 c rice, 2/3 cup beans, 1/4 cup tomatoes, 1/4 cup shredded lettuce, 1 Tbsp plus 1 tsp shredded cheese

First layer: Portion rice mixture

Second layer: Portion bean

Third layer: Portion pico de gallo

Garnish with cheese

Nutrients Estimate Per Serving of complete burrito bowl for 1-2 years

Calories	130.2	Saturated Fat	0.73 g	Iron	2.07 mg
Protein	6.28 g	Cholesterol	2.64 mg	Calcium	86.04 mg
Carbohydrate	22.89 g	Vitamin A	28.51 mcg RAE	Sodium	193.89 mg
Total Fat	1.72 g	Vitamin C	4.59 mg	Dietary Fiber (2016)	5.16 g

Nutrients Estimate Per Serving of complete burrito bowl for 3-5 years

Calories	176.67	Saturated Fat	1.06 g	Iron	3.07 mg
Protein	9.03	Cholesterol	3.96 mg	Calcium	129.97 mg
Carbohydrate	30.40	Vitamin A	63.71 mcg RAE	Sodium	292.49 mg
Total Fat	2.44 g	Vitamin C	5.60 mg	Dietary Fiber (2016)	7.55 g

Nutrients Estimate Per Serving of complete burrito bowl for 6-18 years

Calories	263.92	Saturated Fat	1.46 g	Iron	4.29
Protein	12.78 g	Cholesterol	5.27 mg	Calcium	176.76 mg
Carbohydrate	46.45 g	Vitamin A	108.43 mcg RAE	Sodium	391.91 mg
Total Fat	3.49 g	Vitamin C	9.69 mg	Dietary Fiber (2016)	10.66 g

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Notes: How to Cook Dry Beans

SOAKING BEANS

OVERNIGHT METHOD: Add 1 $\frac{3}{4}$ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 $\frac{3}{4}$ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1 $\frac{3}{4}$ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately. Critical Control Point: Hold for hot service at 135 °F or higher.

OR Chill for later use. Critical Control Point: Cool to 70 °F within 2 hours and to 41 °F or lower within 4 hours.

1 lb dry pinto beans = about 2 $\frac{3}{8}$ cups dry or 5 $\frac{1}{4}$ cups cooked beans.