

# Department of Education

**Recipe: 000827 BEAN BURRITO**

Recipe Source:  
Recipe Group: ENTREES

Alternate Recipe Name:  
Number of Portions: 50  
Size of Portion: SERVINGS

**Recipe HACCP Process: #2 Same Day Service**

011282 ONIONS,RAW..... 090017 GARLIC,GRANULATED..... 002030 PEPPER,BLACK..... 011541 TOMATO PASTE,CND,HTD..... 014429 WATER,MUNICIPAL..... 002009 CHILI POWDER..... 090016 CUMIN,GROUND..... 002028 PAPRIKA..... 002026 ONION POWDER.....	5 OZ, chopped 1 TBSP 2 TSP 1/4 # 10 Can 1 QT 3 TBSP 2 TBSP 1 TBSP 1 TBSP	1. Mix onions, granulated garlic, pepper, tomato paste, water, and seasonings. Blend well. Simmer for 15 minutes. Reserve for step 2.
990308 BEANS,PINTO,MATURE,CND,DRND..... 001168 CHEESE,LOFAT,CHEDDAR OR COLBY...	1 2/3 #10 CAN, drained 2 LB + 8 OZ	2. Using 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 the pureed beans.
900429 TORTILLA, WHOLE GRAIN 8".....	50 EACH	3. Steam tortillas for 3 minutes 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 sheet pans (18" x 26" x 1") which have been lightly coated with pan release spray, 33-35 burritos per pan. For 50 servings, use 2 pans. For 100 servings, use 3 pans.  6. Bake: Conventional oven: 375° F for 15 minutes Convection oven: 325° F for 15 minutes  <b>CCP: Heat to 165° F or higher for at least 15 seconds</b>  7. <b>CCP: Hold for hot service at 135° F or higher.</b>  Sprinkle shredded cheese (optional) evenly over burritos before serving.

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		<p><b>Seasonings:</b> Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients.  <b>For 50 servings,</b> use ¼ cup 3 Tbsp Mexican Seasoning Mix.  <b>For 100 servings,</b> use ¾ cup 2 Tbsp Mexican seasoning Mix.</p>									
		<p><b>Special Tip:</b></p> <p><b>SOAKING BEANS</b></p> <p><b>OVERNIGHT METHOD:</b> Add 1 3/4 qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.</p> <p><b>QUICK-SOAK METHOD:</b> Boil 1 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.</p> <p><b>COOKING BEANS</b></p> <p>Once the beans have been soaked, add 1/2 tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.                  Use hot beans immediately.  <b>CCP: Hold for hot service at 135°F.</b></p> <p>OR</p> <p>Chill for later use.  <b>CCP: Cool to 70°F within 2 hours and to 41°F or lower within an additional 4 hours.</b></p> <p>1 lb dry pinto beans = about 2 3/8 cups dry or 5 1/4 cups cooked pinto beans.</p>									
		<p><b>Food as Purchased</b></p> <table style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th></th> <th style="text-align: center;">50 servings</th> <th style="text-align: center;">100 servings</th> </tr> </thead> <tbody> <tr> <td>Pinto beans, dry</td> <td style="text-align: center;">3 lb</td> <td style="text-align: center;">6 lb</td> </tr> <tr> <td>Mature onions</td> <td style="text-align: center;">6 oz</td> <td style="text-align: center;">12 oz</td> </tr> </tbody> </table>		50 servings	100 servings	Pinto beans, dry	3 lb	6 lb	Mature onions	6 oz	12 oz
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Pinto beans, dry	3 lb	6 lb									
Mature onions	6 oz	12 oz									
		<p><b>Serving</b></p> <p>1 burrito provides 2 oz equivalent meat/meat alternate, ¼ cup of vegetable, and 1 ½ servings of grains/breads.</p>									

Calories	234	Iron	2.92 mg	Protein	14.16 g	24.24% Calories from Prot
Cholesterol	5 mg	Calcium	237.24 mg	Carbohydrates	34.43 g	58.93% Calories from Carb
Sodium	758 mg	Vitamin A	647.8 IU	Total Fat	4.61 g	17.76% Calories from T Fat

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Dietary Fiber	6.25 g	Vitamin A	117.2 RE	Saturated Fat	1.59 g	6.11%	Calories from S Fat
		Vitamin C	10.08 mg	Trans. Fat	0.00* g	%	Calories from Trans. Fat

Note: \* - asterisk denotes nutrients with either missing or incomplete nutrient data.

<u>Miscellaneous</u>		<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt.....	2 oz.		Y - Milk	N - Egg	
Grain/Bread.....	1.5 srv.		Y - Wheat	N - Peanut	
F/V/J.....	0.25 cup			N - Tree Nut	
Milk.....	fl. oz.			N - Fish	
				N - Shellfish	
				N - Soy	
<b><u>Moisture &amp; Fat Change</u></b>					
Moisture Change.....	0%				
Fat Change.....	0%				
Type of Fat.....					

**Production Specification**

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	011282	ONIONS,RAW			
I	090017	GARLIC,GRANULATED			
I	002030	PEPPER,BLACK			
I	011541	TOMATO PASTE,CND,HTD			
I	014429	WATER,MUNICIPAL			
I	002009	CHILI POWDER			
I	090016	CUMIN,GROUND			
I	002028	PAPRIKA			
I	002026	ONION POWDER			
I	990308	BEANS,PINTO,MATURE,CND,DRND			
I	001168	CHEESE,LOFAT,CHEDDAR OR COLBY			
I	900429	TORTILLA, WHOLE GRAIN 8"			

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