



825036 - Burrito Bowl:Chick/Black Beans

Source: K12 Culinary

Number of Portions: 53

Size of Portion: each

Alternate Recipe Name: Chicken Cantina Bowl

Alternate Recipe Name 2: Mexican Burrito Bowl

Components:

Meat/Alt: 2 oz

Grains: 2 oz

Fruit:

Vegetable: 0.75 cup

Milk:

Recipe Subgroups:

Vegetable, Legumes

Vegetable, Starchy

Whole Grain Rich

Attributes:

Ethnic Foods

Meat/Meat Alter

Vegetables

Grain

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
825032R Seasoned Black Beans.....	4 #10 can	Prepare 4 #10 cans of seasoned black beans according to recipe. Hold covered until ready to use. CCP: Hold at 135° F or higher.
050450 RICE, LONG GRAIN, BROWN, QUICK-COOKING,..... 014429 WATER,MUNICIPAL.....	3 lbs + 8 ozs 2 qts	Prepare steamed rice: Spray 2 inch full size pan with pan release. Add 2 qt. of water and 2 qt. (3 lbs. 8 oz.) of brown rice. Steam uncovered for 23 to 25 minutes. Cover and hold until ready to use. CCP: Heat to 135° F or higher. CCP: Hold for hot service at 135° F or higher
825034R Chicken Taco Filling.....	3 qts + 1 1/4 cups	Prepare 5 lb of diced chicken according to chicken taco filling recipe and place in 4 inch deep half size steamtable pan. Cover and hold until ready to assemble burrito bowls. CCP: Heat to 135° F or higher. CCP: Hold at 135° F or higher.
050486 CORN, YELLOW, WHOLE KERNEL, COOKED FROM...	4 lbs + 13 ozs	Weigh corn and place in 2 inch perforated pan. Allow to thaw for 20 minutes, or thaw overnight in refrigerator. Steam corn for 5 to 6 minutes. Cover and hold until ready to use. CCP: Heat to 135° F or higher. CCP: Hold at 135° F or higher.

050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SH..... 826663 Tortilla Chips, WG, Bulk Frito Lay 62399.....	1 lb + 10 1/2 ozs 3 lbs + 8 ozs	Assemble bowls for service as follows: ½ c brown rice (no. 8 disher/scoop) ½ c pinto beans (4 oz. spoodle) 1 ½ oz. seasoned diced chicken (2 oz. spoodle) ¼ c steamed corn (2 oz. spoodle) ½ oz. shredded cheddar cheese (1 oz. spoodle) 1 oz. tortilla chips Offer Pico or salsa cups on the side.
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*Nutrients are based upon 1 Portion Size (each)

Calories	629 kcal	Cholesterol	47 mg	Sugars	*0.1* g	Calcium	248.25 mg	18.29%	Calories from Total Fat
Total Fat	12.78 g	Sodium	568 mg	Protein	37.30 g	Iron	6.68 mg	4.45%	Calories from Saturated Fat
Saturated Fat	3.11 g	Carbohydrates	94.93 g	Vitamin A	782.5 IU	Water ¹	*38.61* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	21.26 g	Vitamin C	9.4 mg	Ash ¹	*0.10* g	60.38%	Calories from Carbohydrates
								23.72%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.