



## 825102 - Burrito Bowl:Pulled Pork

Source: K12 Culinary

Number of Portions: 32

Size of Portion: each

### 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

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
826502 Pork, Pulled, no sauce, Chandler B07-000.....	5 lbs	Thaw 5 lb. bag of prepared pulled pork in the refrigerator. On day of service, place unopened bag of pork in 4 inch half size steamtable pan and steam. Open bag and drain away liquid fat. Chop any visibly large pieces. Note: 5 lb. bag yields about 4 lbs. meat.  <b>CCP:</b> Heat to 135° F or higher.
825024R Seasoning Blend, Mexican.....	2 Tbsp	Prepare school-made Mexican seasoning blend according to the recipe. Place in tightly closed, labeled spice bottle for use in a variety of recipes.  Sprinkle 2 tablespoons of prepared Mexican seasoning over each bag of drained pork. Using freshly gloved hands, mix well. Hold covered until ready to use. <b>CCP:</b> Hold for hot service at 135° F or higher
825032R Seasoned Black Beans.....	1 gal	Prepare seasoned black beans according to recipe. Measure amount required for the recipe. Hold covered until ready to use. Cover, label, date and store leftover amounts for use in another recipe or for service on the line. <b>CCP:</b> Hold for hot service at 135° F or higher
050450 RICE, LONG GRAIN, BROWN, QUICK-COOKING,..... 014429 WATER,MUNICIPAL.....	2 lbs 1 qt + 1 cup	Spray 2 inch full size pan with pan release. Add 1 qt and 1 cup of water to each pan. Weigh and add 2 1/4 lbs. of brown rice. Steam immediately for 23 to 25 minutes until rice has fully absorbed the water. Use a spoon to view the amount of liquid in the bottom of the pan. Fluff rice with utensil. Cover and hold in hot holding cabinet until ready to use. <b>CCP:</b> Heat to 135° F or higher.

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050486 CORN, YELLOW, WHOLE KERNEL, COOKED FROM...	2 lbs + 14 ozs	Place corn in perforated pan. Allow to thaw for 20 minutes at room temperature or thaw overnight in refrigerator. Steam corn for 5 to 6 minutes. Cover and hold until ready to use.  <b>CCP:</b> Heat to 135° F or higher.  <b>CCP:</b> Hold for hot service at 135° F or higher
826663 Tortilla Chips, WG, Bulk Frito Lay 62399.....	2 lbs	Assemble bowls for service as follows: ½ c brown rice (no. 8 disher) ½ c seasoned black beans (4 oz. spoodle) 2 oz. seasoned pulled pork (no. 16 disher - be sure to check weight of pork and adjust disher size to dispense 2 ounces if needed.) ¼ cup steamed corn (2 oz. spoodle) 1 oz. tortilla chips  <b>CCP:</b> Hold for hot service at 135° F or higher
		Assemble bowls for just in time service for highest quality and to avoid excessive leftovers.  Note: May serve with Pico or salsa cups on the side according to directions from the menu planner.

\*Nutrients are based upon 1 Portion Size (each)

Calories	659 kcal	Cholesterol	53 mg	Sugars	*2.6* g	Calcium	130.88 mg	18.92%	Calories from Total Fat
Total Fat	13.85 g	Sodium	796 mg	Protein	35.38 g	Iron	7.35 mg	4.44%	Calories from Saturated Fat
Saturated Fat	3.25 g	Carbohydrates	96.01 g	Vitamin A	796.6 IU	Water <sup>1</sup>	*37.71* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	21.59 g	Vitamin C	9.8 mg	Ash <sup>1</sup>	*0.17* g	58.29%	Calories from Carbohydrates
								21.48%	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

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.