



825101 - Burrito Bowl:Vegetarian

Source: K12 Culinary

Number of Portions: 36

Size of Portion: each

Components:

Meat/Alt: 2 oz

Grains: 2 oz

Fruit:

Vegetable: 0.5 cup

Milk:

Recipe Subgroups:

Vegetable, Starchy

Vegetable, Legumes

Whole Grain Rich

Attributes:

Ethnic Foods

Meat/Meat Alter

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
825033R Seasoned Pinto Beans..... 825032R Seasoned Black Beans.....	1 qt + 1 cup 1 qt + 1 cup	Prepare seasoned pinto beans and seasoned black beans according to the recipes. Measure the correct amount of prepared beans for use in this recipe. Cover, label, date, and store remaining beans for another recipe or for service on the line.
050450 RICE, LONG GRAIN, BROWN, QUICK-COOKING,..... 014429 WATER,MUNICIPAL.....	2 lbs + 4 ozs 1 qt + 1 cup	Spray 2 inch full size pan with pan release. Add 1 qt adn 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. CCP: Heat to 135° F or higher. CCP: Hold for hot service at 135° F or higher
050486 CORN, YELLOW, WHOLE KERNEL, COOKED FROM...	3 lbs + 4 ozs	Place corn in 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 for hot service at 135° F or higher

050339 CHEESE, MOZZARELLA, LITE, FROZEN, SHREDD..... 826663 Tortilla Chips, WG, Bulk Frito Lay 62399.....	2 lbs + 4 ozs 2 lbs + 4 ozs	Assemble bowls for service as follows: • ½ c brown rice (no. 8 disher) • ¼ c seasoned pinto beans (2 oz. spoodle) • ¼ c seasoned black beans (2 oz. spoodle) • ¼ c steamed corn (2 oz. spoodle) • 1 oz. mozzarella cheese (1 oz. spoodle) Place 1 oz. tortilla chips on the side. CCP: Hold for hot service at 135° F or higher
		Bowls should be assembled for just in time service for high quality and to avoid excessive leftovers. Note: Serve with Pico or salsa cups as directed by the menu planner.

*Nutrients are based upon 1 Portion Size (each)

Calories	458 kcal	Cholesterol	15 mg	Sugars	*0.0* g	Calcium	270.80 mg	23.02%	Calories from Total Fat
Total Fat	11.72 g	Sodium	310 mg	Protein	18.33 g	Iron	3.01 mg	7.42%	Calories from Saturated Fat
Saturated Fat	3.78 g	Carbohydrates	69.42 g	Vitamin A	525.3 IU	Water ¹	*61.63* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	11.52 g	Vitamin C	3.7 mg	Ash ¹	*0.73* g	60.59%	Calories from Carbohydrates
								15.99%	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.