



825040 - Beef Bean and Cheese Burrito

Source: K12 Culinary

Number of Portions: 120

Size of Portion: each

Components:

Meat/Alt: 2.5 oz
Grains: 1.75 oz
Fruit:
Vegetable:
Milk:

Recipe Subgroups:

Whole Grain Rich

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
826194 Tortilla, Wheat, 8in, Mission 33824.....	120 each, 1.8oz(CN=1.75G)	Thaw tortillas at room temperature a day or two in advance of use.
825039R Taco Filling: Beef.....	7 lbs + 8 OZS (EP)	<p>Prepare school made Taco Meat according to recipe.</p> <p>CCP: Heat to 155° F or higher for at least 15 Seconds</p> <p>CCP: Hold at 135° F or higher.</p>
826866 BEANS, CANNED, REFRIED, LOW-SODIUM... 051556 Cheese, Cheddar, Yellow, Red Fat, Shredd.....	2 1/2 #10 can 3 lbs + 12 ozs	<p>Open cans of refried beans, cover, and place in steamer for 5 minutes to soften beans. Transfer beans to a large mixing bowl. (Note: Contents of 2 1/2 cans will weigh about 17 lb 8 oz.)</p> <p>Combine the softened beans, prepared taco filling, and shredded cheddar cheese. Mix well.</p>
		<p>Place tortillas in a single layer on a clean work surface or parchment paper.</p> <p>Using no. 8 scoop, place ½ cup of mixture two inches from the top of the tortilla.</p> <p>Fold bottom of tortilla over meat mixture. Keeping hands pressed on the top of the tortilla, gently pull the tortilla back toward the bottom, forcing the mixture to fill the cavity. Fold in both sides about an inch, and roll into a burrito. (Note: Refer to the demonstration for rolling burritos in the How it's Made Video in the K-12 Culinary Institute Resources.)</p> <p>Place burrito seam-side down on parchment-lined full size sheet pan (3 across X 10 down = 30 burritos per pan).</p> <p>Lightly spray food release over burritos before placing in oven to prevent drying out.</p> <p>Bake for about 10-12 minutes.</p> <p>Transfer burritos to 2 inch full size pan; about 20 per pan. Cover and place burritos in hot holding cabinet.</p> <p>CCP: Heat to 135° F or higher.</p>

		CCP: Hold at 135° F or higher.
		Prepare for just in time service to avoid excessive leftovers as filled burritos may become poor quality if held for long periods or reheated.

*Nutrients are based upon 1 Portion Size (each)

Calories	322 kcal	Cholesterol	38 mg	Sugars	*2.4* g	Calcium	*112.63* mg	32.84%	Calories from Total Fat
Total Fat	11.74 g	Sodium	397 mg	Protein	18.30 g	Iron	*3.03* mg	14.82%	Calories from Saturated Fat
Saturated Fat	5.30 g	Carbohydrates	35.98 g	Vitamin A	*55.1* IU	Water ¹	*20.66* g	*0.39%*	Calories from Trans Fat
Trans Fat ²	*0.14* g	Dietary Fiber	5.79 g	Vitamin C	*4.6* mg	Ash ¹	*0.40* g	44.72%	Calories from Carbohydrates
								22.74%	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.