



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:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
826502 Pork, Pulled, no sauce, Chandler B07-000.....	5 lbs	Thaw prepared pulled pork in the refrigerator overnight. On day of service, place each unopened bag of pork in 4 inch half size pan and heat in the steamer. Open bag and drain away liquid fat. Chop any visibly large pieces. Note: 5 lb bag yields about 4 lb meat. CCP: Heat to 135° F or higher.
825024R Seasoning Blend, Mexican.....	2 Tbsp	Prepare school-made Mexican Seasoning Blend according to recipe #825024. Place in tightly closed, labeled spice bottle for later use in a variety of recipes. Sprinkle 2 tablespoons of prepared Mexican Seasoning Blend over each bag of drained pork. Using freshly gloved hands, mix well. Hold covered until ready to use. CCP: Hold for hot service at 135° F or higher.
825032R Seasoned Black Beans.....	1 gal	Prepare seasoned black beans according to recipe. #825032 Measure amount required for the recipe. Hold covered until ready to use. Cover, label, date and store leftover beans for use in another recipe or for service on the line. CCP: Hold for hot service at 135° F or higher.
050450 RICE, LONG GRAIN, BROWN, QUICK-COOKING,..... 014429 BEVERAGES,H2O,TAP,MUNICIPAL.....	2 lbs 1 qt + 1 cup	Spray 2 inch full size pan with food release. Add 1 qt and 1 cup of water to each pan. Weigh and add 2lb 4 oz (1 qt + 1 cup) rice. Steam immediately for 23 to 25 minutes until rice has fully absorbed the water. Use a spoon to ensure the rice has fully absorbed the 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...	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. CCP: Heat to 135° F or higher. CCP: 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 (using no. 8 disher) ½ c seasoned black beans (using 4 oz perforated spoodle) 2 oz seasoned pulled pork (using no. 16 disher - be sure to check weight of pork and adjust disher size to dispense 2 oz if needed.) ¼ cup steamed corn (using 2 oz spoodle) 1 oz tortilla chips CCP: Hold for hot service at 135° F or higher.
		Assemble bowls for just in time service for highest quality. 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	657 kcal	Cholesterol	53 mg	Sugars	*3.8* g	Calcium	132.42 mg	18.86%	Calories from Total Fat
Total Fat	13.78 g	Sodium	796 mg	Protein	34.81 g	Iron	7.19 mg	5.13%	Calories from Saturated Fat
Saturated Fat	3.74 g	Carbohydrates	95.80 g	Vitamin A	890.5 IU	Water ¹	*37.71* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	22.30 g	Vitamin C	15.7 mg	Ash ¹	*0.16* g	58.29%	Calories from Carbohydrates
								21.18%	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.