



## 825036 - Burrito Bowl:Chick/BlackBeans

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:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
825032R Seasoned Black Beans.....	4 #10 can	Prepare seasoned black beans according to recipe #825032. Hold covered until ready to use. <b>CCP: Hold at 135° F or higher.</b>
050450 RICE, LONG GRAIN, BROWN, QUICK-COOKING,..... 014429 BEVERAGES,H2O,TAP,MUNICIPAL.....	3 lbs + 8 ozs 2 qts	Prepare steamed rice: Spray 2 inch full size pan with food release. Add 2 qt of water and 2 qt (3 lb 8 oz) of brown rice to each pan. 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. <b>CCP: Heat to 135° F or higher.</b> <b>CCP: Hold for hot service at 135° F or higher.</b>
825034R Chicken Taco Filling.....	3 qts + 1 1/4 cups	Prepare chicken taco filling according to recipe #825034 and place in 4 inch half size pan(s). Cover and hold until ready to assemble burrito bowls. <b>CCP: Heat to 135° F or higher.</b> <b>CCP: Hold at 135° F or higher.</b>
050486 CORN, YELLOW, WHOLE KERNEL, COOKED FROM...	4 lbs + 13 ozs	Weigh corn and place in 2 inch full size 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.  <b>CCP: Heat to 135° F or higher.</b> <b>CCP: Hold at 135° F or higher.</b>

051556 Cheese, Cheddar, Yellow, Red Fat, Shredd.....	1 lb + 10 1/2 ozs	Assemble bowls for service as follows: ½ c brown rice (using no. 8 disher) ½ c black beans (using perforated 4 oz spoodle) 1 ½ oz seasoned diced chicken (using 2 oz spoodle) ¼ c steamed corn (using 2 oz spoodle) ½ oz shredded cheddar cheese (using 1 oz spoodle) 1 oz tortilla chips  Note: May serve with Pico or salsa cups on the side according to instructions from the menu planner.
826663 Tortilla Chips, WG, Bulk Frito Lay 62399.....	3 lbs + 8 ozs	

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

Calories	620 kcal	Cholesterol	42 mg	Sugars	*1.3* g	Calcium	*124.83* mg	18.91%	Calories from Total Fat
Total Fat	13.02 g	Sodium	592 mg	Protein	32.69 g	Iron	*6.51* mg	5.12%	Calories from Saturated Fat
Saturated Fat	3.52 g	Carbohydrates	95.15 g	Vitamin A	*821.2* IU	Water <sup>1</sup>	*38.65* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	22.02 g	Vitamin C	*16.1* mg	Ash <sup>1</sup>	*0.14* g	61.42%	Calories from Carbohydrates
								21.10%	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.