



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, Legumes
Vegetable, Starchy
Whole Grain Rich

Attributes:

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 recipe numbers 825032 and 825033. Measure the correct amount of prepared beans for use in this recipe. Properly cool, cover, label, date, and store remaining beans for another recipe or for service on the line. CCP: Cool to 70° F within 4 hours and then to 41° F or lower within an additional 2 hours. CCP: Hold at 135° F or higher.
050450 RICE, LONG GRAIN, BROWN, QUICK-COOKING,..... 014429 BEVERAGES,H2O,TAP,MUNICIPAL.....	2 lbs + 4 ozs 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 2 lb 4 oz (1 qt + 1 cup) 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.

051558 Cheese, Mozzarella, Lite, Shredded.....	2 lbs + 4 ozs	Assemble bowls for service as follows: • ½ cup brown rice (using no. 8 disher) • ¼ cup seasoned pinto beans (using 2 oz perforated spoodle) • ¼ cup seasoned black beans (using 2 oz perforated spoodle) • ¼ cup steamed corn (using 2 oz spoodle) • 1 oz mozzarella cheese (using 1 oz spoodle) • 1 oz tortilla chips CCP: Hold for hot service at 135° F or higher.
826663 Tortilla Chips, WG, Bulk Frito Lay 62399.....	2 lbs + 4 ozs	
		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	444 kcal	Cholesterol	10 mg	Sugars	*0.4* g	Calcium	*71.24* mg	21.27%	Calories from Total Fat
Total Fat	10.49 g	Sodium	434 mg	Protein	18.76 g	Iron	*3.05* mg	6.71%	Calories from Saturated Fat
Saturated Fat	3.31 g	Carbohydrates	69.88 g	Vitamin A	*352.6* IU	Water ¹	*61.63* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	11.72 g	Vitamin C	*5.3* mg	Ash ¹	*0.73* g	63.00%	Calories from Carbohydrates
								16.91%	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.