



# Black Bean and Sweet Potato Burrito



Go for Green® Color and Sodium Codes

Green (Eat Often) High Sodium

## Ingredients

Ingredient	Measure	Weight	Approx. Issue
WATER	4 gal	33 lb	
POTATOES, SWEET, FRESH, PEELED, DICED ½-INCH	3 gal	14 lb	17 lbs 8 oz
OIL, CANOLA	2 cup	15 oz	
ONIONS, YELLOW, FRESH, DICED ¼-INCH	1 gal	5 lbs 8 oz	6 lbs 10 oz
PEPPER, BELL, RED, DICED ¼-INCH	3-¾ qt	4 lbs 11 oz	5 lbs 12 oz
GARLIC, PREMINCED, IN WATER	¾ cup	5 oz	
SALT	½ cup	5 oz	
CUMIN, GROUND	¼ cup + 3 tbsp	1-½ oz	
PEPPER, CHILI, DARK, GROUND	½ cup	1-½ oz	
PAPRIKA, GROUND	1 tbsp + 2 tsp	0.40 oz	
OREGANO, CRUSHED	2 tbsp + 2 tsp	0.28 oz	
PEPPER, CAYENNE, GROUND	1 tsp	0.06 oz	
BEANS, BLACK, CANNED, DRAINED, RINSED	3 gal + 2 qt	21 lb 5 oz	4 - No. 10 cans
CILANTRO, FRESH, TRIMMED, FINELY CHOPPED	1-½ qt	14 oz	1 lb 2 oz
TORTILLA, FLOUR, WHITE, 10-INCH			100 each

## Directions

- In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this food.
- Bring 4 gal (33 lbs) water to a boil in steam-jacketed kettle or stock pot. Add sweet potatoes and return to a boil. Reduce heat; simmer uncovered for 10-12 minutes. Strain cooked potatoes and reserve for use in Step 5.
- Preheat tilt skillet to 350°F (177°C). Add oil; sauté onions, peppers and garlic for 5 minutes until vegetables are tender.
- Add salt, cumin, chili pepper, paprika, oregano and cayenne pepper. Sauté for 1 to 2 minutes until fragrant.
- Add black beans and cooked sweet potatoes to the tilt skillet. Continue to cook for an additional 5 minutes. CCP: Internal temperature must reach 135°F (57°C) or higher for 15 seconds. Add cilantro to cooked bean mixture; mix well.
- Transfer bean mixture to serving pans. CP: Hold for hot service at 135°F (57°C) or higher. Assemble burritos by placing 1 cup (7 oz) of black bean filling onto a 10-inch tortilla and fold.

## Recipe Notes

- Serving Suggestion: Burritos may be assembled with garnishes, including shredded lettuce, diced tomatoes, shredded cheese, low-fat sour cream or guacamole (Recipe No. B-006-00). Black Bean Burrito filling may also be served as part of a taco bar.
- \* Sugars represent the total grams of sugar in the recipe, naturally occurring and added sugar combined.