

Salsa Draped Burrito

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Tortilla, 10 inch, whole grain rich		50 each		100 each
Rice, brown, dry	2 lbs.		4 lbs.	
Water		½ gallon		1 gallon
Olive or vegetable oil		1/3 cup		2/3 cup
Kidney beans, canned, drained		¾ gallon + 1 cup		1 ½ gallons + 1 pint
Black beans, canned, drained		¾ gallon + 1 cup		1 ½ gallons + 1 pint
Onion, chopped	1 lb		2 lbs	
Green Bell Pepper, chopped	½ lbs		1 lbs	
Taco Seasoning		½ cup		1 cup
Garlic powder		½ cup		1 cup
Salsa, canned		1 gallon		2 gallons

Preparation

1. Prepare rice by combining with water and cooking. See AFRS E-005-00 or E-005-01 or E-005-05 or E-005-06 or E-005-10 or E-005-11 or E-005-15.
2. Hold cooked rice in warmer, covered.
3. Heat beans in steamer until internal temperature reach 145°F. Cover and hold in warmer.
4. Heat oil in a large pan on a stove or in a tilt skillet. Add onions and bell peppers and heat until onions are translucent, approximately five minutes.
5. Add taco seasoning and garlic powder to onions and bell peppers and cook another minute. Turn off heat.
6. Add beans, rice and 1/3 gallon of salsa and mix thoroughly.
7. Spread ½ cup of mixture over tortilla and fold into a burrito shape and place in 2 inch steam table pan either lined with parchment paper or sprayed.
8. Spoon remaining salsa over the middle of each burrito and serve.

Alternatives: If both black beans and kidney beans are not available, can use twice the amount of the type of bean available or substitute with an equal amount of Navy beans or Pinto beans (canned, drained). If canned beans are not available, scratch cooked to weight, drained, may be substituted.

Alternatives: If Green Bell peppers are not available, can substitute with equal amount of red or yellow or orange bell peppers.

Alternatives: If taco seasoning is not available, can make taco seasoning with ¾ cup chili powder, ¾ cup ground cumin, 2 tablespoons paprika, 2 tablespoons onion powder, 3 tablespoons garlic powder and 3 tablespoons dehydrated onion flakes (makes 2 cups).

Alternatives: If fresh onions are not available, substitute 1 pound of onions with ½ cup of onion powder, to taste. If garlic powder is not available substitute ½ cup of garlic powder with ½ cup minced fresh garlic.

Alternatives: If brown rice is not available can substitute with equal amounts of white rice or quinoa.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

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THE HUMANE SOCIETY
OF THE UNITED STATES

Serving Information

Use spatula to serve one burrito.

Nutrition Information *From USDA Nutrient Database

NEED to update with the addition of the onions, bell peppers and taco seasoning to recipe from original:

Calories: 398 Total Fat: 8g (18% calories from total fat) Saturated Fat: 4g (9% calories from saturated fat)

Monounsaturated Fat: 2g Polyunsaturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 68g Fiber- 16g Total Sugar-5g Protein: 16g Sodium: 835mg Vitamin A: 15ug RAE Vitamin C: 2mg Calcium: 230mg Iron: 1mg Folate: 165µg