

# Quinoa and Black Bean Burrito

T-007-00

Meatless Entree

G4G Color Code

Green

Sodium Code

Moderate

Time

35 min.

Yield

25 Portions

Each Portion

¾ cup Filling + 1 Tortilla

Pan Size and Number

Steam-Jacketed Kettle, 12 x 20 x 2-½-Inch Steam Table Pans (2)

Nutrition Facts

Calories 411

Carbohydrates 56 g

Sugars\* 5 g

Protein 17 g

Fat 14 g

Saturated Fat 5.4 g

Cholesterol 20 mg

Sodium 715 mg

Calcium 282 mg

Fiber 7.6 g

## Ingredients

Item	Measure	Weight	Approx issue
ONIONS, FRESH, DICED ¼-INCH	6-⅓ cups	2 lb 6 oz	2 lb 10 oz
GARLIC, FRESH, MINCED	½ cup	2-¾ oz	3-¼ oz
PEPPERS, BELL, FRESH, RED, DICED ¼-INCH	3-½ cups	1 lb 3 oz	1 lb 7 oz
PEPPERS, BELL, FRESH, GREEN, DICED ¼-INCH	3-½ cups	1 lb 3 oz	1 lb 7 oz
OIL, VEGETABLE, CANOLA	¼ cup	1-¾ oz	
VEGETABLE BASE, LOW SODIUM, MSG FREE	1 tbsp + 1-½ tsp	1 oz	
WATER, WARM	2 qt + ¼ cup	4 lb 2 oz	
QUINOA, TRI-COLORED	3-½ cups	1 lb 7 oz	
CUMIN, GROUND	1 tbsp + 1 tsp	0.33 oz	
SALT	1-¼ tsp	0.27 oz	
PEPPER, BLACK, GROUND	½ tsp	0.04 oz	
BEANS, BLACK, CANNED, DRAINED, RINSED	4-⅔ cups	1 lb 12 oz	
CILANTRO, FRESH, CHOPPED	⅔ cup	1-⅓ oz	1-⅞ oz
CHEESE, MONTERREY JACK, SHREDDED	1-¼ qt	1 lb 4 oz	
TORTILLAS, FLOUR, MEDIUM SIZED, 10-INCH	25 each	2 lb 12 oz	

## Directions

1. 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.
2. Sweat onions, garlic, green bell peppers and red bell peppers in canola oil in steam-jacketed kettle or stockpot for 5 minutes until the onions are slightly tender.
3. To prepare broth: Using a wire whisk, combine warm water and vegetable base in a mixing bowl; stir until completely dissolved. Reserve for use in Step 5.

4. Add quinoa, cumin, salt, black pepper and reserved vegetable broth to the vegetables in the steam-jacketed kettle; stir.
5. Bring mixture to a boil; reduce heat. Simmer, covered for 13 to 15 minutes until the quinoa is tender or until the broth is absorbed.
6. Add beans, cilantro, and cheese to vegetable and quinoa mixture; stir, heat for 2 minutes. CCP: Internal temperature must reach 145°F (63°C) or higher for 15 seconds.
7. Place  $\frac{3}{4}$  cup filling on each tortilla, fold into a burrito shape by folding in the left and right side (short sides) towards each other then rolling from bottom to top (long sides) to completely encase the filling. Place seam side down in the serving pans. Serve immediately or CP: Hold for hot service at 135°F (57°C) or higher.

### Recipe Notes

1. In Step 3, 1- $\frac{3}{8}$  oz (3 tbsp + 2 tsp) granulated garlic, per 25 portions, may be substituted for fresh garlic.
2. Minor's low sodium concentrated vegetable base paste was used in the development of this recipe to make vegetable broth. If using a different brand, refer to manufacturer's instructions for reconstitution rates.
3. In Step 5, all white quinoa may be substituted for tri-color quinoa based on availability.
4. Burritos may be served with low-fat or fat-free sour cream or non-fat plain Greek yogurt and Salsa.
5. Two No. 10 scoops may be used to portion the filling per tortilla.
6. \* Sugars represent the total grams of sugar in the recipe, naturally occurring and added sugar combined.