

ISD #347

500016 - BEAN BURRITO : USDA D-12A	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: SERVINGS				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011282 ONIONS,RAW..... 090017 GARLIC,GRANULATED..... 002030 PEPPER,BLACK..... 011541 TOMATO PASTE,CND,HTD..... 014429 WATER,MUNICIPAL..... 002009 CHILI POWDER..... 090016 CUMIN,GROUND..... 002028 PAPRIKA..... 002026 ONION POWDER.....	5 OZS (chopped) 1 Tbsp 2 tsp 1/4 # 10 Can 1 qt 3 Tbsp 2 Tbsp 1 Tbsp 1 Tbsp	1. Mix onions, granulated garlic, pepper, tomato paste, water, and seasonings. Blend well. Simmer for 15 minutes. Reserve for step 2.
016146 BEANS,PINTO,MATURE,CND,DRND..... 001168 CHEESE,LOFAT,CHEDDAR OR COLBY...	1 2/3 #10 CAN, drained 2 lbs + 8 ozs	2. Using mixer with paddle attachment, puree beans for 45 minutes on medium speed until beans are a smooth consistency. Combine ingredients from step 1, and shredded cheese with the pureed beans
018364 TORTILLAS,RTB OR -FRY,FLR.....	50 tortilla (7-8" dia)	3. Steam tortillas for 3 minutes until warm. OR Place in warmer to prevent torn tortillas when folding.
		4. Portion bean mixture with No. 8 scoop (1/2 cup) onto each tortilla. Fold around beans envelope style. 5. Place folded burritos seam side down on sheet pans (18" x 26" x 1") which have been lightly coated with pan release spray, 33-35 burritos per pan. For 50 servings, use 2 pans. For 100 servings, use 3 pans. 6. Bake: Conventional oven: 375° F for 15 minutes Convection oven: 325° F for 15 minutes CCP: Heat to 165° F or higher for at least 15 seconds 7. CCP: Hold for hot service at 135° F or higher. Sprinkle shredded cheese (optional) evenly over burritos before serving.

		<p>Seasonings: Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ¼ cup 3 Tbsp Mexican Seasoning Mix. For 100 servings, use ¾ cup 2 Tbsp Mexican seasoning Mix.</p>									
		Special Tip:									
		<p>SOAKING BEANS</p> <p>OVERNIGHT METHOD: Add 1 3/4 qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.</p> <p>QUICK-SOAK METHOD: Boil 1 3/4 qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.</p> <p>COOKING BEANS</p> <p>Once the beans have been soaked, add 1/2 tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately. CCP: Hold for hot service at 135°F.</p> <p style="text-align: center;">OR</p> <p>Chill for later use. CCP: Cool to 70°F within 2 hours and to 41°F or lower within an additional 4 hours.</p> <p>1 lb dry pinto beans = about 2 3/8 cups dry or 5 1/4 cups cooked pinto beans.</p>									
		Food as Purchased									
		<table style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th></th> <th style="text-align: center;">50 servings</th> <th style="text-align: center;">100 servings</th> </tr> </thead> <tbody> <tr> <td>Pinto beans, dry</td> <td style="text-align: center;">3 lb</td> <td style="text-align: center;">6 lb</td> </tr> <tr> <td>Mature onions</td> <td style="text-align: center;">6 oz</td> <td style="text-align: center;">12 oz</td> </tr> </tbody> </table>		50 servings	100 servings	Pinto beans, dry	3 lb	6 lb	Mature onions	6 oz	12 oz
	50 servings	100 servings									
Pinto beans, dry	3 lb	6 lb									
Mature onions	6 oz	12 oz									
		Serving									
		<p>1 burrito provides 2 oz equivalent meat/meat alternate, ¼ cup of vegetable, and 1 ½ servings of grains/breads.</p>									

Calories..... 288	Iron..... 3.37 mg	Protein..... 14.81 g	Protein..... 20.57%
Cholesterol.. 13 mg	Calcium....305.99 mg	Carbohydrates 40.01 g	Carbohydrates. 55.58%
Sodium..... 662 mg	Vitamin A.. 801 IU	Total Fat.... 7.93 g	Total Fat..... 24.80%
Dietary Fiber 4.69 g	Vitamin C.. 10.1 mg	Saturated Fat 3.52 g	Saturated Fat. 11.01%
		Trans Fat.... 0.00* g	Trans Fat..... 0.00%

* - Denotes Missing Nutrient Values