

Name: Chicken Burrito

Vegetable - Red / Orange, Vegetable - Beans / Peas, Grains, Meat / Meat Alternate

Main Dishes

25 Servings

50 Servings

Directions 25-50

Process: #1 No Cook, #2 Same Day Service, #3 Complex Food Preparation

Ingredients: <small>Indicate fresh, frozen, canned, drained, packed in water, juice, dried, dehydrated, cooked. Describe: peeled, sliced, chopped, diced, grated, minced, and size.</small>	Weight Lbs+ oz	Measure Largest unit	Weight	Measure	Include Critical Control Point, pan sizes, Scoop size #2 Same Day Service DIRECTIONS
Water		2 1/2 cups		1 qt 1 cup	1. Boil water.
Brown rice, long-grain, regular, dry	12 1/2 oz	1 3/4 cups	1 lb 9 oz	3 1/2 cups	2. Place 3 1/2 cups (1 lb 9 oz) brown rice in each steam table pan (12" x 10" x 2 1/2"). Pour boiling water (1 qt 1 cup per steam table pan) over brown rice. Stir. Cover pan tightly. For 25 servings, use 1 pan. For 50 servings, use 1 pan. 3. Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes.
*Fresh cilantro, finely diced		1/4 cup		1/2 cup	4. Remove cooked rice from oven and let stand covered for 5 minutes. Fold in cilantro. Set aside.
Frozen, cooked diced chicken, thawed, 1/2" pieces	1 lb 11 oz	1 qt 2 1/4 cups	3 lb 6 oz	3 qt 1 cup	5. Combine chicken, beans, cheese, oregano, cumin, and salsa in a large bowl. Stir well. Yields: For 25 servings, about 3 qt (about 5 lb 12 oz). For 50 servings, about 1 gal 2 qt (11 lb 8 oz).
Canned no-salt-added pinto beans, drained, rinsed	1 lb 10 oz	3 cups	3 lb 4 oz	1 qt 2 cups	
Or *Dry pinto beans, cooked (See Notes Section)	1 lb 10 oz	3 cups	3 lb 4 oz	1 qt 2 cups	

Low-fat cheddar cheese, shredded	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups	
Ground oregano		½ tsp		1 tsp	
Ground cumin		3/4 tsp		1 1/2 tsp	
Canned low-sodium salsa	1 lb 13 oz	3 1/4 cups		1 qt 2 1/2 cups	
Whole-grain tortillas, 8" (1.5 oz each)		25		50	6. Assembly:
					<p>7. Using a No. 20 scoop (1/8 cup), spread rice on center of tortilla.</p> <p>8. Using a No. 8 scoop (1/2 cup), place chicken mixture on top of rice.</p> <p>9. Roll in the form of a burrito and seal.</p> <p>10. Place burritos seam side down on steam table pan (12" x 20" x 2 1/2") lined with parchment paper. For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p> <p>11. Cover and bake: Conventional oven: 350 °F for</p>

					<p>10 minutes. Convection oven: 350 °F for 10 minutes.</p> <p>12. Critical Control Point: Heat to 165 °F for at least 15 seconds.</p> <p>13. Critical Control Point: Hold for hot service at 140 °F or higher.</p> <p>14. Serve 1 burrito.</p>

Marketing Guide for Selected Items

	Food as Purchased for	25 Servings	50 Servings
Dry pinto beans		10 oz	1 lb 4 oz

Notes:

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 1 burrito provides:

Legume as Meat Alternate: 2 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, and 2 oz equivalent grains.

OR

Legume as Vegetable: 1 1/2 oz equivalent meat/meat alternate, 1/8 cup legume vegetable, 1/8 cup red/orange vegetable, and 2 oz equivalent grains.

CACFP Crediting Information: 1 burrito provides:

Legume as Meat Alternate: 2 oz meat/meat alternate, 1/8 cup vegetable, and 2 grains/bread.

OR

Legume as Vegetable: 1 1/2 oz meat/meat alternate, 1/4 cup vegetable, and 2 grains/bread.

How to Cook Dry Beans

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 ¾ 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.

COOKING BEANS

Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 41 °F or lower within 4 hours.

1 lb dry pinto beans = about 2 $\frac{3}{8}$ cups dry or 5 $\frac{1}{4}$ cups cooked beans.

Serving:	Yield: (not to exceed 27, 54)	Volume:
<p>NSLP/SBP Crediting Information: 1 burrito provides: Legume as Meat Alternate: 2 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, and 2 oz equivalent grains.</p> <p>OR</p> <p>Legume as Vegetable: 1 1/2 oz equivalent meat/meat alternate, 1/8 cup legume vegetable, 1/8 cup red/orange vegetable, and 2 oz equivalent grains.</p>	<p>25 Servings: about 6 lb 2 oz</p>	<p>25 Servings: about 3 quarts /1 steam table pan (12" x20" x 2 1/2")</p>
<p>CACFP Crediting Information:1 burrito provides: Legume as Meat Alternate: 2 oz meat/meat alternate, 1/8 cup vegetable, and 2 grains/bread.</p> <p>OR</p> <p>Legume as Vegetable: 1 1/2 oz meat/meat alternate, 1/4 cup vegetable, and 2 grains/bread.</p>	<p>50 Servings: about 12 lb 4 oz</p>	<p>50 Servings: about 1 gallon 2 quarts 2/ steam table pans (12" x 20" x 2 1/2")</p>

Nutrients			Minerals		Vitamins	
Nutrients	Amount	% Daily				
Value*						
Total Calories		296.17	Calcium	173.21 mg	Vitamin A	238.31 IU
Protein	18.83 g		Potassium	283.06 mg	Vitamin B6	0.24 mg
Carbohydrates	41.88 g		Sodium	503.9 mg	Vitamin B12	0.16 mcg
Dietary Fiber	3.89 g		Copper	0.14 mg	Vitamin C	1.49 mg
Total Sugars	3.37 g		Iron	3.6 mg	Vitamin D	2.05 IU
Total Fat	5.77 g		Magnesium	45.18 mg	Vitamin E	0.05 mg AT
Saturated Fat	1.95 g		Phosphorus	196.04 mg	Vitamin K	1.17 mcg
Monounsaturated Fat	0.79 g		Selenium	14.17 mcg	Folate	26.87 mcg
Polyunsaturated Fat	1.39 g		Zinc	1 mg	Thiamin	0.2 mg
Linoleic Acid	0.35 g				Riboflavin	0.15 mg
α -Linolenic Acid	0.04 g				Niacin	6.16 mg
Cholesterol	26.09 mg				Choline	29.81 mg

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