

Beef or Pork Burrito

Meat/Meat Alternate-Vegetable-Bread Alternate

Main Dishes

D-21

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat) OR Raw ground pork (no more than 20% fat)	2 lb 9 oz		5 lb 2 oz		1. Brown ground beef or pork. Drain. Continue immediately.
*Fresh onions, chopped OR Dehydrated onions	2 ½ oz	⅓ cup OR 3 Tbsp	5 oz	⅔ cup OR ¼ cup 2 Tbsp	2. Add onions, granulated garlic, pepper, tomato paste, water, chili powder, cumin, paprika, and onion powder. Blend well. Simmer for 30 minutes.
Granulated garlic		1 ½ tsp		1 Tbsp	
Ground black or white pepper		1 tsp		2 tsp	
Canned tomato paste	14 oz	1 ½ cups 1 Tbsp (½ No. 2-½ can)	1 lb 12 oz	3 cups 2 Tbsp (⅔ No. 2-½ can plus 2 ½ Tbsp)	
Water		3 cups		1 qt 2 cups	
Chili powder		1 Tbsp 1 ½ tsp		3 Tbsp	
Ground cumin		1 Tbsp		2 Tbsp	
Paprika		1 ½ tsp		1 Tbsp	
Onion powder		1 ½ tsp		1 Tbsp	
Reduced fat Cheddar cheese, shredded	1 lb 4 oz	1 qt 1 cup	2 lb 8 oz	2 qt 2 cups	3. Combine shredded cheese with meat mixture.
Enriched flour tortillas (at least 0.9 oz each)		25 each		50 each	4. Steam tortillas for 3 minutes or until warm. OR Place in warmer to prevent torn tortillas when folding.
					5. Portion meat mixture with heaping No. 12 scoop (⅓ cup plus 1 Tbsp) onto each tortilla. Fold around meat envelope style.
					6. Place folded burritos seam side down on half-sheet pans (13" x 18" x 1") which have been lightly coated with pan release spray, 12-13 burritos per pan. For 25 servings, use 2 pans. For 50 servings, use 4 pans.

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Reduced fat Cheddar cheese, shredded (optional)	7 oz	1 ¾ cups	2 Tbsp	13 oz	3 ¾ cups	<p>7. Bake: Conventional oven: 375° F for 15 minutes Convection oven: 325° F for 15 minutes</p> <p>CCP: Heat to 165° F or higher.</p> <p>8. Sprinkle shredded cheese (optional) evenly over burritos before serving.</p> <p>9. CCP: Hold for hot service at 140° F or warmerer.</p> <p>Portion is 1 burrito.</p>
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* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Mature onions	3 oz	6 oz

SERVING:	YIELD:	VOLUME:
1 burrito provides the equivalent of 2 oz of cooked lean meat, ¼ cup of vegetable, and the equivalent of 1 slice bread.	25 Servings: 25 burritos	25 Servings: 2 pans
	50 Servings: 50 burritos	50 Servings: 4 pans
Edited 2014		

Nutrients Per Serving					
Calories	273	Saturated Fat	5.76 g	Iron	2.62 mg
Protein	18.82 g	Cholesterol	43 mg	Calcium	264 mg
Carbohydrate	21.34 g	Vitamin A	800 IU	Sodium	351 mg
Total Fat	12.46 g	Vitamin C	9.7 mg	Dietary Fiber	2.0 g