

Turkey or Chicken Burrito

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-30

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground turkey OR Raw diced chicken	2 lb 6 oz OR 2 lb 6 oz		4 lb 12 oz OR 4 lb 12 oz		<ol style="list-style-type: none"> 1. Cook the ground turkey or diced chicken over medium heat until no longer pink, about 10-15 minutes. Stir occasionally. Drain. 2. Add onions, granulated garlic, pepper, tomato paste, water, chili powder, cumin, paprika, onion powder, salt, and coriander (optional). Blend well. Simmer, covered, for 30 minutes. 3. Stir shredded cheese into turkey or chicken mixture. 4. Steam tortillas for 3 minutes or until warm. OR Place in warmer to prevent torn tortillas when folding. 5. Portion turkey or chicken mixture with No. 12 scoop (1/2 cup) onto each tortilla. Fold tortilla around meat envelope style. 6. Place folded burrito, 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.
*Fresh onions, chopped OR Dehydrated onions	2 1/2 oz	1/4 cup 3 Tbsp OR 1/4 cup	5 oz OR 1 oz	3/4 cup 2 Tbsp OR 1/2 cup	
Granulated garlic		1 1/2 tsp		1 Tbsp	
Ground black or white pepper		1/2 tsp		1 tsp	
Canned tomato paste	14 oz	1 1/2 cups 1 Tbsp (1/2 No. 2-1/2 can)	1 lb 12 oz	3 cups 2 Tbsp (3/8 No. 2-1/2 can plus 2 1/2 Tbsp)	
Water		3 cups		1 qt 2 cups	
Chili powder		2 Tbsp		1/4 cup	
Ground cumin		2 Tbsp		1/4 cup	
Paprika		1 1/2 tsp		1 Tbsp	
Onion powder		1 1/2 tsp		1 Tbsp	
Salt		1 1/2 tsp		1 Tbsp	
Coriander (optional)		1 1/2 tsp		1 Tbsp	
Reduced fat Cheddar cheese, shredded	1 lb 9 1/2 oz	1 qt 3 1/4 cups	3 lb 3 oz	3 qt 2 1/2 cups	
Enriched flour tortillas (at least 0.9 oz each)		25 each		50 each	

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Reduced fat Cheddar cheese, shredded (optional)	7 oz	1 ¾ cups	2 Tbsp	14 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 warmer.</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 of bread.	25 Servings: 25 burritos	25 Servings: 2 quarts ¼ cup (meat and cheese filling) 2 pans
	50 Servings: 50 burritos	50 Servings: 1 gallon ½ cup (meat and cheese filling) 4 pans
Edited 2014		

Nutrients Per Serving

Calories	270	Saturated Fat	4.94 g	Iron	2.43 mg
Protein	19.55 g	Cholesterol	47 mg	Calcium	321 mg
Carbohydrate	21.63 g	Vitamin A	902 IU	Sodium	539 mg
Total Fat	11.68 g	Vitamin C	9.8 mg	Dietary Fiber	2.0 g