

# Bean Burrito

Meal Components: Vegetable, Grains, Meat / Meat Alternate

Main Dishes, D-21A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh onions, chopped	2 1/2 oz	1/4 cup 3 Tbsp	5 oz	3/4 cup 2 Tbsp	<ol style="list-style-type: none"> <li>Combine onions, granulated garlic, pepper, tomato paste, water, chili powder, cumin, paprika, and onion powder. Blend well. Simmer for 15 minutes</li> </ol>
Granulated garlic		1 1/2 tsp		1 Tbsp	
Ground black or white pepper		1 tsp		2 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 (7/8 No. 2-1/2 can plus 2 1/2 Tbsp)	
Water		2 cups		1 qt	
Chili powder		1 Tbsp 1 1/2 tsp		3 Tbsp	
Ground cumin		1 Tbsp		2 Tbsp	
Paprika		1 1/2 tsp		1 Tbsp	

Canned pinto beans, drained	3 lb 8 oz	2 qt 2 Tbsp (7/8 No. 10 can)	7 lb	1 gal 1/4 cup (1 3/4 No. 10 cans)	<b>2.</b> Using a mixer with paddle attachment, puree beans for 4-5 minutes on medium speed until beans are a smooth consistency. Combine ingredients from step 1, and shredded cheese with pureed beans.
OR	OR	OR	OR	OR	
*Dry pinto beans, cooked (see preparation note)	3 lb 8 oz	1 qt 3 3/4 cups	7 lb	3 qt 3 1/2 cups	
Reduced fat cheddar cheese, shredded	1 lb 9 1/2 oz	1 qt 3 3/4 cups	3 lb 3 oz	3 qt 3 1/2 cups	
Enriched flour tortillas (at least 0.9 oz each)		25 each		50 each	<b>3.</b> Steam tortillas for 3 minutes or until warm. OR Place in warmer to prevent torn tortillas when folding.  <b>4.</b> Portion bean mixture with No. 8 scoop (1/2 cup) onto each tortilla. Fold around beans envelope style.  <b>5.</b> 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 50 servings, use 3 pans  <b>6.</b> CCP: Heat to 165° F or higher for at least 15 seconds Conventional oven: 375° F for 15

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Reduced fat Cheddar cheese,  
shredded (optional) 7 oz

1 3/4 cups 2 Tbsp 13 oz

3 3/4 cups

**7.** Sprinkle shredded cheese (optional) evenly over burritos before serving.

**8.** CCP: Hold for hot service at 135° F or higher. Portion is 1 burrito.

## Notes

\* See Marketing Guide

### PREPARATION NOTE:

#### SOAKING BEANS

Overnight method: Add 1 ¾ qt cold water to each pound of dry beans. Cover and refrigerate overnight.

Quick-soak method: Boil 1 ¾ qt water for each pound of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

#### COOKING BEANS

Once the beans have been soaked and drained, add 1 ¾ qt water and ½ tsp salt to each pound of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately or,

CCP: Hold for hot service at 135° F or higher.

OR

Chill for later use. If chilling:

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours. 1 lb dry pinto beans=about 2 ½ cups dry or 5 ¼ cups cooked pinto beans.

## Marketing Guide

Food as Purchased for	25 Servings	25 Servings
Mature onions	3 oz	6 oz
Pinto beans, dry	1 lb 8 oz	3 lb

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.	<b>25 Servings:</b> 25 burritos  <b>50 Servings:</b> 50 burritos	<b>25 Servings:</b> 2 pans  <b>50 Servings:</b> 4 pans

## Nutrients Per Serving

Calories	253	Saturated Fat	3.98 g	Calcium	342 mg
Protein	15.11 g	Cholesterol	16 mg	Sodium	631 mg
Carbohydrate	31.24 g	Vitamin A	846	Dietary Fiber	4.2 g
Total Fat	7.95 g		unknown		
		Vitamin C	10.1 mg		