

Bean Burrito Bowl - USDA Recipe D120A

Meal Components: Vegetable - Red / Orange, Vegetable - Beans / Peas, Vegetable - Other, Grains, Meat / Meat Alternate

D12A

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned low-sodium pinto beans, drained, rinsed	11 lb	1 gal 2 qt (2 1/2 No. 10 cans)	22 lb	3 gal (5 No. 10 cans)	<ol style="list-style-type: none"> Combine beans, onions, garlic powder, pepper, seasonings, water, and tomato paste in a medium stock pot. Stir well. Simmer over medium heat uncovered for 15 minutes, stirring occasionally. Critical Control Point: Heat to 165 °F or higher for 15 seconds. Critical Control Point: Hold for hot service at 135 °F. Set aside for step 13.
*Dry pinto beans, cooked (See Notes Section)	11 lb	1 gal 2 qt	22 lb	3 gal	
*Fresh onions, chopped	6 oz	1 cup 3 Tbsp 1 tsp	12 oz	2 1/4 cups 2 Tbsp 2 tsp	
Garlic powder		1 Tbsp		2 Tbsp	
Ground black pepper		2 tsp		1 Tbsp 1 tsp	
Chili powder		3 Tbsp		1/4 cup 2 Tbsp	
Ground cumin		2 Tbsp		1/4 cup	

Onion powder		1 Tbsp		2 Tbsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Water		2 qt 1 cup		1 gal 2 cups	
Canned no-salt-added tomato paste	1 lb 12 oz	3 cups 2 Tbsp (1/4 No. 10 can)	3 lb 8 oz	1 qt 2 1/4 cups (1/2 No. 10 can)	
Water		3 qt 2 cups		1 gal 3 qt	5. Boil water for step 7.
Brown rice, long-grain, regular, dry, parboiled	3 lb 2 oz	2 qt	6 lb 4 oz	1 gal	6. Place 1 qt brown rice (1 lb 9 oz) in each steam table pan (12" x 20" x 2 1/2"). 7. Pour boiling water (1 qt 3 cups per steam table pan) over brown rice. Stir. Cover pans tightly. 8. Bake: 9. Critical Control Point: Heat to 165 °F or higher for 15 seconds.
Fresh cilantro, finely chopped	2 oz	3 1/2 cups	4 oz	1 qt 3 cups	10. Remove rice from oven. Fold cilantro into rice. Set aside for step 12. 11. Assembly: 12. First layer: 13. Second layer:

Reduced-fat cheddar cheese,
finely shredded

1 lb

1 qt

2 lb

2 qt

15. Garnish each burrito bowl with 1 Tbsp of
cheese.

16. Serve 1 burrito bowl.

Notes

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

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 1 burrito bowl provides:

Legume as Meat / Meat Alternate: 1 1/2 oz equivalent meat/meat alternate, 3/8 cup red/orange vegetable, 1/8 cup other vegetable, 1/8 cup additional vegetable, and 1 oz equivalent grains.

OR

Legume as Vegetable: 1/2 oz equivalent meat/meat alternate, 1/4 cup legume vegetable, 3/8 cup red/orange vegetable, 1/8 cup other vegetable, 1/8 cup additional vegetable, and 1 oz equivalent grains.

CACFP Crediting Information: 1 burrito bowl provides:

Legume as Meat / Meat Alternate: 1 1/2 oz meat/meat alternate, 5/8 cup vegetable, and 1 serving grains/bread.

OR

Legume as Vegetable: 1/2 oz meat/meat alternate, 7/8 cup vegetable, and 1 serving 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 ½ cups dry or 5 ¼ cups cooked beans.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Dry pinto beans	11 lb	22 lb
Mature onions	8 oz	1 lb

Serving	Yield	Volume
See Notes	<p>50 Servings: about 25 lb 8 oz (bean mixture)</p> <p>100 Servings: about 51 lb (bean mixture)</p>	<p>50 Servings: about 3 gallons 1 quart 2 cups (bean mixture) / 50 burrito bowls</p> <p>100 Servings: about 6 gallons 3 cups (bean mixture) / 100 burrito bowls</p>

Nutrients Per Serving					
Calories	236	Saturated Fat	1 g	Iron	5 mg
Protein	12 g	Cholesterol	5 mg	Calcium	193 mg
Carbohydrate	46 g	Vitamin A	1408 IU	Sodium	352 mg
Total Fat	3 g	Vitamin C	23 mg	Dietary Fiber	9 g