

# Beef or Pork Burrito (Canned Meats) - USDA Recipe D120B

Meal Components: Vegetable - Red / Orange, Vegetable - Starchy, Grains, Meat / Meat Alternate

D12B

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned beef with natural juices, undrained	3 lb 3 oz	1 qt 2 cups	6 lb 6 oz	3 qt	<ol style="list-style-type: none"> <li>1. Pour canned beef with liquid into a large bowl. Remove all solid fat parts. Transfer remaining beef and liquid to a large stock pot.</li> </ol>
Canned pork with natural juices, undrained	3 lb 3 oz	1 qt 2 cups	6 lb 6 oz	3 qt	
*Fresh onions, chopped	5 oz	1 cup	10 oz	2 cups	<ol style="list-style-type: none"> <li>2. Add onions, garlic, pepper, tomato paste, corn, cilantro, and spices. Simmer uncovered over medium heat for 10-15 minutes, stirring often.</li> </ol>
Garlic powder		1 1/2 tsp		1 Tbsp	
Ground black pepper		1 tsp		2 tsp	
Canned no-salt-added tomato paste	14 oz	1 1/2 cups (1/8 No. 10 can)	1 lb 12 oz	3 cups (1/4 No. 10 can)	
Frozen corn	1 lb 6 oz	3 3/4 cups	2 lb 12 oz	1 qt 3 1/2 cups	
Fresh cilantro, finely chopped	1 oz	1 3/4 cups	2 oz	3 1/2 cups	

Ground cumin	1 Tbsp	2 Tbsp
Paprika	1 1/2 tsp	1 Tbsp
Onion powder	1 1/2 tsp	1 Tbsp

Whole-grain tortillas, 8" (1.5 oz each)	2 lb 5 1/2 oz	25 each	4 lb 11 oz	50 each
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- 3.** To prevent tortillas from tearing when folding, steam for 3 minutes until warm. OR Hold tortillas in original packaging and place in a warmer at 135 °F for 10 minutes.
- 4.** Portion filling with No. 12 scoop (1/3 cup) onto center of each tortilla. Roll in the form of a burrito and seal.
- 5.** Place burritos seam side down on a sheet pan (18" x 26" x 1") lightly coated with pan release spray.
- 6.** Bake:
- 7.** Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
- 8.** Critical Control Point: Hold for hot service at 140 °F or higher.
- 9.** If desired serve with 1/4 cup pico de gallo (see G-15).
- 10.** Serve 1 burrito.

## 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 1 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, 1/8 cup additional vegetable, and 1 1/2 oz equivalent grains.

CACFP Crediting Information: 1 burrito provides 1 oz meat/meat alternate, 3/8 cup vegetable, and 1 1/2 serving grains/bread.

## Marketing Guide

Food as Purchased for	25 Servings	25 Servings
Mature onions	6 oz	12 oz

Serving	Yield	Volume
See Notes	<b>25 Servings:</b> about 5 lb 1 oz	<b>25 Servings:</b> about 2 quarts 2 cups / 25 burritos
	<b>50 Servings:</b> about 10 lb 2 oz	<b>50 Servings:</b> about 1 gallon 1 quart / 50 burritos

Nutrients Per Serving					
Calories	199	Saturated Fat	2 g	Iron	4 mg
Protein	11 g	Cholesterol	16 mg	Calcium	104 mg
Carbohydrate	30 g	Vitamin A	898 IU	Sodium	360 mg
Total Fat	5 g	Vitamin C	12 mg	Dietary Fiber	5 g