

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 24% fat) OR	2 lb 3 oz		4 lb 5 oz		1. Brown ground beef or pork. Drain.
Raw ground pork (no more than 24% fat)	2 lb 3 oz		4 lb oz		
*Onions, chopped		1/4 cup 3 Tbsp	5 oz	3/4 cup 2 Tbsp	
Dehydrated onions OR		2 Tbsp 1 tsp		1/4 cup 2 tsp	2. Add onions, garlic powder, pepper, tomato paste, water, and seasonings. Blend well. Simmer for 30 minutes.
Garlic powder		1 1/2 tsp		1 Tbsp	
Black pepper		1 tsp		2 tsp	
Tomato paste	14 oz	1 1/2 cups	1 lb 12 oz	3 cups	
Water		3 cups		1 qt 2 cups	
Seasonings: Chili powder		1 Tbsp 1 1/2 tsp		3 Tbsp	
Ground cumin		1 Tbsp		2 Tbsp	
Paprika		1 1/2 tsp		1 Tbsp	
Onion powder		1 1/2 tsp		1 Tbsp	
Cheddar cheese, shredded	1 lb 10 oz	1 qt 3 1/4 cups	3 lb 3 oz	3 qt 2 1/2 cups	3. Combine shredded cheese with meat mixture.
Flour tortillas (at least 1.1 oz each)		25 each		50 each	4. Steam tortillas for 3 minute or until warm.
					5. Portion meat-cheese mixture (from Step 3) with No. 12 scoop (1/3 cup) onto each tortilla. Fold tortilla around filling "envelope style".
					6. Place folded burritos seam side down on lightly oiled sheet pans (18" x 26" x 1"), 33 to 35 burritos per pan.
					7. CCP Heat to 165 degrees F or higher for at least 15 seconds. Conventional Oven: 375 degrees F, 15 minutes Convection Oven: 325 degrees F, 15 minutes
Cheddar cheese, shredded (optional)	7 oz	1 3/4 cups 2 Tbsp	13 oz	3 3/4 cups	8. CCP Hold for hot service at 140 degrees F or higher. Sprinkle shredded cheese (optional) evenly over burritos before serving.

*See Marketing Guide

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Marketing Guide		
Food as Purchased	For 25 Svgs	For 50 Svgs
Mature onions	3 oz	6 oz

SERVING:	YIELD:	VOLUME:
1 burrito provides the equivalent of 2 oz of cooked lean meat, 1/4 cup of vegetable, and the equivalent of 1 slice of bread	25 Servings: 25 burritos (3/4 sheet pan)	25 Servings:
	50 Servings: 50 burritos (1 1/2 sheet pans)	50 Servings:

Nutrients Per Serving			
Calories	341	Saturated Fat	8.g g
Protein	18 g	Cholesterol	55 mg
Carbohydrate	27 g	Vitamin A	151 RE/942 IU
Total Fat	17.8 g	Vitamin C	8 mg
		Iron	2.9 mg
		Calcium	274 mg
		Sodium	408 mg
		Dietary Fiber	2 g