

BEAN AND CHEESE BURRITO

Presented by Jeremy West and Matt Poling at the 2015 Healthy Flavors, Healthy Kids National Leadership Summit

Ingredients	60 Servings		Directions
	Weight	Measure	
Garlic cloves, raw		2 ea.	1. Place garlic, diced tomatoes, and green chiles in a 5 gallon container. Blend well with an immersion blender. 2. Keep chilled.
Tomatoes, canned, diced		1/3 #10 can, un-drained	
Green chile peppers, canned		1/8 #10 can un-drained	
Pinto beans, cooked	10 lb.		
Taco seasoning mix (recipe follows)		1/2 cup	
Cheddar cheese, yellow, reduced fat	2 lb. 12 oz.		3. Using a mixer with the paddle attachment; add cooked beans, tomato sauce mixture, and taco seasoning mix. Mix for 4 to 5 minutes on medium speed until most beans are smooth, leaving some whole beans. 4. Add cheese and mix to distribute evenly. Amounts to add to each mixing bowl for 12 pan batch: 60 pounds cooked beans 1 gallons + 3 quarts sauce mixture 3 cups taco seasoning mix 16.5 pounds shredded cheddar cheese
Tortilla, 8", whole grain		60 each	5. Portion bean mixture with a #8 scoop (1/2 cup) onto each tortilla. Fold in edges of tortilla and fold tortilla around the bean mixture. 6. Place rolled burritos on sheet pans that have been lined with parchment paper (30 burritos per pan). Cover sheet pan of burritos with bun pan bag and place onto speed rack. 7. Label each pan with appropriate labeling to include item name, date produced and expiration date. 8. Store in refrigerator until shipping date at 40°F or below.

			9. *30 burritos per sheet pan* 60# beans = 88# mix per bowl <i>CCP: Refrigerate until served.</i>
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Recipe Notes:

One serving provides 2 oz. eq. meat/meat alternate and 1.5 oz. grains

Nutrition Information (per burrito)

Calories: 250/Protein: 15 g/Carbohydrate: 38 g/Fiber: 3.5 g

Saturated fat: 2 g/Polyunsaturated fat: 0 g/Monounsaturated fat: 0.5 g

Trans fat: 0 g/Cholesterol: 5 mg/Sodium: 690 mg / Potassium: 210 mg

TACO SEASONING MIX

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Ingredients			Directions
	Weight	Measure	
Chili powder		¾ cup	1. Combine all ingredients and mix thoroughly. 2. Store mixture in a tightly sealed container. 3. Label and date the container. 4. Use as an ingredient according to recipes.
Ground cumin		¾ cup	
Paprika		2 Tbsp.	
Onion powder		2 Tbsp.	
Garlic, granulated		3 Tbsp.	
Onions, dehydrated flakes		3 Tbsp.	Yield: approximately 2 cups

Nutrition Information (per recipe)

Calories: 820/Protein: 35 g/Carbohydrate: 126 g/Fiber: 69 g

Saturated fat: 2.5 g/Polyunsaturated fat: 7.5 g/Monounsaturated fat: 3 g

Trans fat: 0 g/Cholesterol: 0 mg/Sodium: 1720 mg / Potassium: 2545 mg