

Bean and Rice Burritos with Tomato Salsa

| Ingredients | 12 Servings | | 100 Servings | | Directions |
|--|-------------|------------|--------------|-----------------------|--|
| | Weight | Measure | Weight | Measure | |
| Tortillas, whole wheat, 7 to 8 inches (at least 1.5 oz each) | | 12 each | | 100 each | 1. Preheat the oven to 375° F. Wrap the tortillas in foil (bundles of 10) and warm in the oven until soft and pliable, about 5 minutes. |
| Bean Filling for Burritos, hot | 2 lb 10 oz | 4 1/2 cups | 21 lb 14 oz | 2 gal 1 qt 2 1/2 cups | 2. Lay the tortillas on a work surface. Add 3 1/2 oz (3/8 cup) of the bean filling, top with 2 oz (1/4 cup) of rice, and 2 tbsp of cheddar cheese. Roll tortilla up burrito style to completely enclose filling. (See Recipe Notes for additional filling suggestions.) |
| Steamed Brown Rice, hot | 1 lb 8 oz | 3 cups | 12 lb 8 oz | 1 gal 2 qt 1 cup | 3. Place the filled burritos, seam side down in a baking pan. Heat at 375° F for about 15 minutes (internal temperature should reach 165° F) and hold hot for service. |
| Cheddar cheese, reduced fat, shredded | 12 oz | 1 1/2 cups | 6 lb 4 oz | 3 qt 1/2 cup | |
| Tomato Salsa | 12 oz | 1 1/2 cups | 6 lb 12 oz | 3 qt 1/2 cup | 4. Serve 1 burrito per portion with 1 oz (2 tbsp) salsa. |

Recipe Notes:

Add about 3 tbsp shredded lettuce and 1 tbsp diced tomato to the burritos before rolling them up.



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Serving Notes:

One serving (1 burrito) provides 2 oz equivalent meat/meat alternate, 3/8 cup of vegetable and 2 serving of whole grains/breads.

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| | 12 Servings | 100 servings |
| Total Weight: | 5 lb 15 oz | 46 lb 14 oz |
| Total Volume | 12 each | 100 each |
| Serving Size (weight per finished burrito with salsa): | 7 3/4 oz | 7 3/4 oz |
| Serving Size (volume): | 1 burrito plus 2 tbsp salsa | 1 burrito plus 2 tbsp salsa |

| Nutrients Per Serving | | | | | |
|-----------------------|------|----------------------|--------|----------------------|--------|
| Calories | 240 | Saturated Fat | 0 g | Iron | 1.4 mg |
| Protein | 11g | Cholesterol | 0 mg | Calcium | 82 mg |
| Carbohydrate | 49 g | Vitamin A-RE | 95 mcg | Sodium | 370 mg |
| Total Fat | 4 g | Vitamin C | 14 mg | Dietary Fiber | 8 g |

