

Breakfast Totchos To-Go



Ingredients	Weight	Measure	Directions
Tater Tots, Reduced Sodium, Frozen	10 lbs		<ol style="list-style-type: none"> 1. Preheat the oven to 400°F. Place frozen tater tots on a perforated sheet pan and hold in the freezer until just before baking. Use a speed rack to hold full pans of tater tots in the freezer. 2. Wrap whole grain flour tortillas in plastic wrap or foil and place in a warmer to soften. 3. Spray a 2-inch full-size steamtable pans with pan-release spray. In a large container combine the liquid whole eggs and ground black pepper. Whisk until well combined. Pour the eggs into the prepared pan. Bake the eggs in a preheated 350°F oven for 20 minutes, stirring after 15 minutes. Or steam the eggs in a steamer for about 3-5 minutes (depending on the steamer). CCP: Heat to 155°F 4. Remove the cooked eggs and stir to break into curds. Hold in the warmer until ready to assemble the bowls . CCP: Hold hot at 135°F or above. 5. Place the pinto beans with their liquid in a saucepan or a steam kettle. Stir in the ground cumin, cayenne pepper, and garlic powder. Bring the beans to a low boil, reduce to a simmer and cook, uncovered, until the bean liquid has thickened slightly, about 15 minutes. CCP: Heat to 135°F or above for 15 seconds. Transfer seasoned beans into a 4-inch half-size steamtable pan. Hold hot until service. CCP: Hold hot at 135°F or above. 6. Bake the frozen tater tots in the preheated 400°F oven for about 15 minutes, or until they are browned and crisp on the outside. CCP: Heat to 135°F for 15 seconds. Transfer tater tots into 2-inch full-size steamtable pans. Hold hot until service. CCP: Hold hot at 135°F or above. 7. Bowl assembly: Set up the line with the serving containers, tortillas, tater tots, scrambled eggs, seasoned pinto beans, and cheese. In each serving container place: 1 8-inch tortilla to create the bowl and fill with 8 tater tots (1/2 cup), 1/4 cup scrambled eggs (#16 scoop), 1/4 cup seasoned pinto beans (2 ounce perforated spoodle), and top with 1 tbs shredded cheddar cheese. Offer 1-ounce portion cups of prepared tomato salsa on the side.
Tortillas, 6-inch, Whole Grain Rich		64 each	
Whole Eggs, Liquid	7 lbs		
Black Pepper, Ground		2 tsp	
Pinto Beans, Low Sodium, Canned, With Liquid		2 #10 cans	
Cumin, Ground		1 tbs 1 tsp	
Cayenne Pepper		1 tsp	
Garlic Powder		1 tsp	
Cheddar Cheese, Reduced Fat, Shredded	1 lb		
Tomato Salsa		2 quarts	

Serving Size	1 Serving Provides	Yield
1 bowl	1 ounce equivalent grains, 2 ounce equivalents meat/meat alternate, 1/2 cup starchy vegetable, 1/4 cup legume vegetable	64

Nutrients Per Serving		
Calories 304	Saturated Fat 3 g	Iron 2 mg
Protein 13 g	Cholesterol 190 mg	Calcium 90 mg
Carbohydrate 35 g	Vitamin A 478 IU	Sodium 459 mg
Total Fat 923 g	Vitamin C 1 mg	Dietary Fiber 5 g