

Bean Burritos (or Tacos)

50 servings – 2 burritos

2 oz. eq. m/ma – 2 oz. eq. grain

Ingredients	For 50 servings		Directions
	Weight	Measure	
Beans, Pinto (or Kidney)		2 #10 Cans, drained	Heat canned pinto (or kidney) beans. To heated beans, add onions, garlic, pepper, and seasonings. Cook until onions are soft, 10 minutes.
Garlic Powder		1 ½ T.	
Onion, raw, chopped	5 oz.		
Pepper, black		2 tsp.	
Chili Powder		2 T.	
Cumin, ground		1 T. plus 1 ½ tsp.	
Paprika		1 ½ tsp.	
Onion Powder		1 ½ tsp.	
Tomato Paste, canned		1 ½ cups	Add tomato paste and water. Mix well. Heat for 10 minutes.
Water		1 qt.	
			With a handheld immersion blender, mash bean mixture to desired texture leaving some beans chopped but not pureed.
Cheese, Cheddar	2 lb.		
Whole Grain Tortilla – 6"		100 each	Fill each burrito with No. 20 scoop (about 3 T) bean filling and 2 T. cheese. Wrap burrito tightly.



Serving size and yield	
Serving size:	2 Burritos
Yield:	50

Cooking time and temperature		
Oven type	Temperature	Time
Conventional:		
Convection:		

Meal pattern contribution (based on serving size)		
Meat/meat alternates:	2	ounce equivalents
Grains:	1	ounce equivalents ¹
Fruits:		cups
Vegetables:		cups

Nutrients per serving									
Calories	129	Total fat (g)	4.4	Cholesterol (milligrams (mg))	12.8	Sodium (mg)	464	Iron (mg)	1.9
Protein (grams (g))	9.7	Saturated fat (g)	2.7	Total sugars (g)	1.1	Vitamin D (international units (IU))		Potassium (mg)	
Carbohydrate (g)	14.8	Trans fat (g)	0	Dietary fiber (g)	3.3	Calcium (mg)	174		