

## Beef Burritos (or Tacos)

50 servings – 1 burrito

2 oz. eq. m/ma – 1.5 oz. eq. grain



Ingredients	For 50 servings		Directions
	Weight	Measure	
Beef, Ground, 80/20	6 lb.		In a large pot or pan, brown beef until cooked through. Drain.
Garlic Powder		1 ½ T.	Add onion, garlic powder, pepper, and spices. Cook until onions are soft
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.	Add tomato paste and water. Mix well. Heat for 10 minutes.
Tomato Paste, canned	12 oz.		



Water		1 qt.	
Cheese, Cheddar	2 ½ lb.		
Whole Grain Tortilla – 8"		100 each	Fill each burrito with No. ¼ c beef and 2 T. cheese. Wrap burrito tightly.

Serving size and yield	
Serving size:	1 Burrito
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:	1.5	ounce equivalents <sup>1</sup>
Fruits:		cups
Vegetables:		cups

Nutrients per serving									
<b>Calories</b>	298	<b>Total fat (g)</b>	14	<b>Cholesterol (milligrams (mg))</b>	56.7	<b>Sodium (mg)</b>	371	<b>Iron (mg)</b>	2.5
<b>Protein (grams (g))</b>	21.4	<b>Saturated fat (g)</b>	7	<b>Total sugars (g)</b>	2.1	<b>Vitamin D (international units (IU))</b>		<b>Potassium (mg)</b>	
<b>Carbohydrate (g)</b>	23.4	<b>Trans fat (g)</b>	0	<b>Dietary fiber (g)</b>	2.5	<b>Calcium (mg)</b>	235		