



Beef or Pork Burrito

USDA Recipe for CACFP

Our Beef or Pork Burrito is lean beef or pork combined with tomato paste, cheese, onions, green peppers and spices; cooked, then wrapped in a whole-grain tortilla.

CACFP CREDITING INFORMATION

1 burrito provides 1.5 oz equivalent meat/meat alternate, ½ cup vegetable, and 1.5 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Garlic powder		1 Tbsp		2 Tbsp	1 Combine spices in a small bowl. Stir well.
Chili powder		1½ Tbsp		3 Tbsp	
Cumin, ground		2 Tbsp		¼ cup	
Paprika		1 Tbsp		2 Tbsp	
Onion powder		1 Tbsp		2 Tbsp	
Black pepper, ground OR White pepper, ground		1 tsp		2 tsp	
Ground beef, raw (no more than 15% fat) OR Ground pork, raw (no more than 15% fat)	2 lb 8 oz		5 lb		2 Place ground beef in a large stock pot. Add half of spice mixture. Brown ground beef uncovered over medium–high heat. Stir frequently.
	2 lb 8 oz		5 lb		



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					3 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					4 Remove beef from heat. Drain beef in a colander. Set aside for step 7.
*Onions, fresh, chopped	1 lb 7 oz	1 qt ½ cup	2 lb 14 oz	2 qt 1 cup	5 In the same pot, add onions, bell peppers, and spices. Sauté uncovered over medium heat for 1 minute.
*Green bell peppers, fresh, diced ¼"	1 lb	3 cups 1 Tbsp	2 lb	1 qt 2⅞ cups	
Water		3 cups		1 qt 2 cups	6 Add water. Stir well. Reduce heat to low.
Tomato paste, canned no-salt-added	15 oz	1½ cups 2 Tbsp (¼ No. 10 can)	1 lb 14 oz	3¼ cups (⅓ No. 10 can)	7 Add tomato paste and drained ground beef. Stir well. Simmer uncovered over low heat for 10–15 minutes.
					8 Critical Control Point: Heat to 165°F or higher for at least 15 seconds.
Cheddar cheese, reduced-fat, shredded	8 oz	2 cups	1 lb	1 qt	9 Combine shredded cheese with beef mixture. Stir well.
Whole-grain tortillas, 8" (1½ oz each)	2 lb 5½ oz	25 each	4 lb 11 oz	50 each	10 To prevent tortillas from tearing when folding, steam for 3 minutes until warm. OR Hold tortillas in original packaging and place in a warmer at 135 °F for 10 minutes.
					11 Portion filling with (⅓ cup) onto center of each tortilla. Roll in the form of a burrito and seal.
					12 Place burritos seam side down on sheet pan (18" x 26" x 1") lightly coated with pan-release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					13 Bake: Conventional oven: 375 °F for 15 minutes. Convection oven: 325 °F for 15 minutes.
					14 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					15 Critical Control Point: Hold for hot service at 140 °F or higher.
					16 If desired serve with ¼ cup Pico de Gallo (see Pico de Gallo USDA Recipe for CACFP).
					17 Serve 1 burrito.

NUTRITION INFORMATION

For 1 burrito.

NUTRIENTS	AMOUNT
Calories	277
Total Fat	10 g
Saturated Fat	4 g
Cholesterol	36 mg
Sodium	411 mg
Total Carbohydrate	30 g
Dietary Fiber	5 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	17 g
Vitamin D	4 IU
Calcium	201 mg
Iron	4 mg
Potassium	386 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	1 lb 11 oz	3 lb 6 oz
Green bell peppers	1 lb 4 oz	3 lb

NOTES

See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same-Day Service.

YIELD/VOLUME

25 Servings	50 Servings
About 6 lb 8 oz (beef mixture)	About 13 lb (beef mixture)
About 3 qt (beef mixture)/25 burritos	About 1 gal 2 qt (beef mixture)/50 burritos