



# Breakfast Burrito With Salsa USDA Recipe for CACFP

Enjoy a bountiful Southwest breakfast burrito! A warmed grainy whole wheat tortilla holds whipped frozen, thawed eggs with sweet corn and crispy green bell peppers, onion, fresh tomato, and low-fat cheese, topped off with a low-sodium salsa.

### CACFP CREDITING INFORMATION

1 burrito provides 2 oz equivalent meat alternate, 1/8 cup vegetable, and 1.5 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Frozen whole eggs, thawed	2 lb 8 oz	1 qt 1/2 cup	5 lb	2 qt 1 cup	<b>1</b> Pour eggs, corn, milk, peppers, onions, tomatoes, salsa, mustard, garlic, pepper sauce, and salt into a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed. <b>DO NOT OVERMIX.</b>  For 25 servings, mix for 2 minutes. For 50 servings, mix for 4 minutes.
Frozen corn	8 oz	1 1/4 cups 2 Tbsp	1 lb	2 3/4 cups	
Low-fat (1%) milk		1/4 cup 2 Tbsp		3/4 cup	
*Fresh green peppers, diced	4 oz	3/4 cup	8 oz	1 1/2 cups	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh onions, diced	7 oz	1/3 cup 3 Tbsp	14 oz	1 cup 2 tsp	
*Fresh tomatoes, diced	2 oz	1/4 cup 1 Tbsp	4 oz	1/2 cup 2 Tbsp	
Canned low-sodium salsa	1 lb 10 1/2 oz	3 cups 2 Tbsp (1/4 No. 10 can)	3 lb 5 oz	1 qt 2 1/4 cups (1/2 No. 10 can)	
Yellow mustard	2 oz	3 Tbsp	4 oz	1/4 cup 1 Tbsp	
Garlic powder		1 tsp		2 tsp	
Hot pepper sauce		1 1/2 tsp		1 Tbsp	
Salt		1 tsp		2 tsp	
					<p><b>2</b> Pour 2 qt 2 cups (about 3 lb 15 1/2 oz) egg mixture into a steam table pan (12" x 20" x 2 1/2") lightly coated with pan-release spray.</p> <p>For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p>
					<p><b>3</b> Bake: Conventional oven: 350 °F for 60 minutes. Convection oven: 325 °F for 50 minutes.</p>
					<p><b>4</b> Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p>
Low-fat cheddar cheese, shredded	5 oz	1 1/4 cups	10 oz	2 1/2 cups	<p><b>5</b> Sprinkle 1 1/4 cups (about 5 oz) cheese over each pan.</p>





INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<b>6</b> Cut each pan 5 x 5 (25 pieces per pan). Set aside for step 8.
Whole-grain tortillas, 8" (1½ oz each)	2 lb 5½ oz	25 each	4 lb 11 oz	50 each	<b>7</b> 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.
					<b>8</b> Place 1 piece (about 2" x 3¾" square) onto center of each tortilla. Roll in the form of a burrito and seal.
					<b>9</b> Place 25 burritos seam side down on a sheet pan (18" x 26" x 1").  For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					<b>10</b> Critical Control Point: Hold for hot service at 140 °F or higher.
					<b>11</b> Serve 1 burrito.



## NUTRITION INFORMATION

For 1 burrito.

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>218</b>
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<b>Total Fat</b>	<b>7 g</b>
Saturated Fat	2 g
Cholesterol	172 mg
<b>Sodium</b>	<b>432 mg</b>
<b>Total Carbohydrate</b>	<b>28 g</b>
Dietary Fiber	4 g
Total Sugars	2 g
Added Sugars included	N/A
<b>Protein</b>	<b>12 g</b>
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Vitamin D	50 IU
Calcium	135 mg
Iron	3 mg
Potassium	220 mg

N/A=data not available.

## SOURCE

USDA Standardized Recipes Project.

## MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	8 oz	1 lb
Green bell peppers	5 oz	10 oz
Tomatoes	3 oz	6 oz

## 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 4 lb	About 8 lb
About 2 qt/25 burritos	About 1 gal/50 burritos