



# Chicken Burrito

## USDA Recipe for CACFP

Our Chicken Burrito recipes consists of chicken breast combined with salsa, vegetables, brown rice, Mexican spices, and lime juice, wrapped in a whole-grain tortilla.

### CACFP CREDITING INFORMATION

1 burrito provides

**Legume as Meat Alternate:** 2 oz equivalent meat/meat alternate,  $\frac{1}{8}$  cup vegetable, and 1.75 oz equivalent grains.

OR

**Legume as Vegetable:** 1.5 oz equivalent meat/meat alternate,  $\frac{1}{4}$  cup vegetable, and 1.75 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		2½ cups		1 qt 1 cup	<b>1</b> Boil water.
Brown rice, long-grain, regular, dry	12½ oz	1¾ cups	1 lb 9 oz	3½ cups	<b>2</b> Place brown rice in a steam table pan (12" x 10" x 2½"). Pour boiling water over brown rice. Stir. Cover pan tightly.  For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					<b>3</b> Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes.
*Fresh cilantro, finely diced		¼ cup		½ cup	<b>4</b> Remove cooked rice from oven and let stand covered for 5 minutes. Fold in cilantro. Set aside.



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Frozen, cooked diced chicken, thawed, ½"	1 lb 11 oz	1 qt 2¼ cups	3 lb 6 oz	3 qt 1 cup	<b>5</b> Combine chicken, beans, cheese, oregano, cumin, and salsa in a large bowl. Stir well.  Yields: For 25 servings, about 3 qt (about 5 lb 12 oz). For 50 servings, about 1 gal 2 qt (11 lb 8 oz).
Canned no-salt-added pinto beans, drained, rinsed	1 lb 10 oz	3 cups	3 lb 4 oz	1 qt 2 cups	
OR					
*Dry pinto beans, cooked (See Notes Section)	1 lb 10 oz	3 cups	3 lb 4 oz	1 qt 2 cups	
Low-fat cheddar cheese, shredded	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups	
Ground oregano		½ tsp		1 tsp	
Ground cumin		¾ tsp		1½ tsp	
Canned low-sodium salsa	1 lb 13 oz	3¼ cups	3 lb 10 oz	1 qt 2½ cups	
Whole-grain tortillas, 8" (1½ oz each)		25		50	<b>6</b> Assembly:  <b>7</b> Using a No. 30 scoop (⅓ cup), spread rice on center of tortilla.  <b>8</b> Using a No. 8 scoop (½ cup), place chicken mixture on top of rice.  <b>9</b> Roll in the form of a burrito and seal.





INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p><b>10</b> Place burritos seam side down on steam table pan (12" x 20" x 2½") lined with parchment paper.</p> <p>For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p>
					<p><b>11</b> Cover and bake: Conventional oven: 350 °F for 10 minutes. Convection oven: 350 °F for 10 minutes.</p>
					<p><b>12</b> Critical Control Point: Heat to 165 °F for at least 15 seconds.</p>
					<p><b>13</b> Critical Control Point: Hold for hot service at 140 °F or higher.</p>
					<p><b>14</b> Serve 1 burrito.</p>



## NUTRITION INFORMATION

For 1 burrito.

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>296</b>
<b>Total Fat</b>	<b>6 g</b>
Saturated Fat	2 g
Cholesterol	26 mg
<b>Sodium</b>	<b>504 mg</b>
<b>Total Carbohydrate</b>	<b>42 g</b>
Dietary Fiber	4 g
Total Sugars	3 g
Added Sugars included	N/A
<b>Protein</b>	<b>19 g</b>
Vitamin D	2 IU
Calcium	173 mg
Iron	4 mg
Potassium	283 mg

N/A=data not available.

## SOURCE

USDA Standardized Recipes Project.

## MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Dry pinto beans	10 oz	1 lb 4 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.

### How to Cook Dry Beans

#### SOAKING BEANS

OVERNIGHT METHOD: Add 1¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

#### COOKING BEANS

Once the beans have been soaked, add 1¾ qt water for every 1 lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 41 °F or lower within 4 hours.

1 lb dry pinto beans = about 2¾ cups dry or 5¼ cups cooked beans.

## YIELD/VOLUME

25 Servings	50 Servings
About 6 lb 2 oz	About 12 lb 4 oz
About 3 qt/1 steam table pan (12" x 20" x 2½")	About 1 gal 2 qt/2 steam table pans (12" x 20" x 2½")