

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

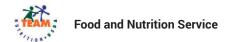
1 burrito provides

Legume as Meat Alternate: 2 oz equivalent meat/meat alternate, 1/8 cup vegetable, and 1.75 oz equivalent grains.

OR

Legume as Vegetable: 1.5 oz equivalent meat/meat alternate, 1/4 cup vegetable, and 1.75 oz equivalent grains.

INODEDIENTO	25 SERVINGS		50 SERVINGS		DIDECTIONS
INGREDIENTS	Weight Measure Weight Measure DIRECTIONS	DIRECTIONS			
Water		2½ cups		1 qt 1 cup	1 Boil water.
Brown rice, long-grain, regular, dry	12½ oz	13/4 cups	1 lb 9 oz	3½ cups	 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.
					3 Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes.
*Fresh cilantro, finely diced		1/4 cup		½ cup	4 Remove cooked rice from oven and let stand covered for 5 minutes. Fold in cilantro. Set aside.



INGREDIENTS	25 SERVINGS		50 SERVINGS		
	Weight	Measure	Weight	Measure	DIRECTIONS
Frozen, cooked diced chicken, thawed, 1/2"	1 lb 11 oz	1 qt 2¼ cups	3 lb 6 oz	3 qt 1 cup	 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 OR	1 lb 10 oz	3 cups	3 lb 4 oz	1 qt 2 cups	
*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		¹⁄₂ tsp		1 tsp	
Ground cumin		³/₄ tsp		1½ tsp	
Canned low-sodium salsa	1 lb 13 oz	31/4 cups	3 lb 10 oz	1 qt 2½ cups	
Whole-grain tortillas, 8" (1½ oz each)		25		50	6 Assembly:
					7 Using a No. 30 scoop (1/8 cup), spread rice on center of tortilla.
					8 Using a No. 8 scoop (½ cup), place chicken mixture on top of rice.
					9 Roll in the form of a burrito and seal.



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

NUTRITION INFORMATION

For 1 burrito.

NUTRIENTS Calories	AMOUNT 296
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber Total Sugars Added Sugars included Protein	6 g 2 g 26 mg 504 mg 42 g 4 g 3 g N/A 19 g
Vitamin D Calcium Iron Potassium N/A=data not available.	2 IU 173 mg 4 mg 283 mg

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 1³/₄ 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 andboil 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 134 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 2% 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 21/2")	About 1 gal 2 qt/2 steam table pans (12" x 20" x 2½")			

