



Bean Burrito Bowl

USDA Recipe for Schools

Our Bean Burrito Bowl combines pinto beans with tomatoes, green onion, cilantro, and spices, served over brown rice.

NSLP/SBP CREDITING INFORMATION

1 burrito bowl provides

Legume as Meat Alternate: 1.5 oz equivalent meat alternate, $\frac{3}{8}$ cup red/orange vegetable, $\frac{1}{8}$ cup other vegetable, $\frac{1}{8}$ cup additional vegetable, and 1 oz equivalent grains.

OR

Legume as Vegetable: 0.25 oz equivalent meat alternate, $\frac{1}{4}$ cup legume vegetable, $\frac{3}{8}$ cup red/orange vegetable, $\frac{1}{8}$ cup other vegetable, $\frac{1}{8}$ cup additional vegetable and 1 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Pinto beans, canned, low-sodium, drained, rinsed OR Pinto beans, dry, cooked	11 lb	1 gal 2 qt (2 $\frac{1}{2}$ No. 10 cans)	22 lb	3 gal (5 No. 10 cans)	1 Combine beans, onions, garlic powder, pepper, chili powder, cumin, paprika, onion powder, salt, water, and tomato paste in a medium stock pot. Stir well. Simmer over medium heat uncovered for 15 minutes, stirring occasionally.
	11 lb	1 gal 2 qt	22 lb	3 gal	
*Onions, fresh, chopped	6 oz	1 cup 3 Tbsp 1 tsp	12 oz	2 $\frac{1}{4}$ cups 2 Tbsp 2 tsp	2 Critical Control Point: Heat to 135 °F or higher for 15 seconds.
Garlic powder		1 Tbsp		1 Tbsp 1 tsp	3 Critical Control Point: Hold for hot service at 135 °F.
Black pepper, ground		2 tsp 3 Tbsp		1 Tbsp 1 tsp $\frac{1}{4}$ cup	4 Set aside for step 13.
Chili powder		1 Tbsp		2 Tbsp	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Cumin, ground		2 Tbsp		¼ cup	
Paprika		1 Tbsp		2 Tbsp	
Onion powder		1 Tbsp		2 Tbsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Water		2 qt 1 cup		1 gal 2 cups	
Canned no-salt-added tomato paste	1 lb 12 oz	3 cups 2 Tbsp (¼ No. 10 can)	3 lb 8 oz	1 qt 2 ¼ cups (½ No. 10 can)	
Water		3 qt 2 cups		1 gal 3 qt	5 Boil water for step 7.
Brown rice, long-grain, regular, dry, parboiled	3 lb 2 oz	2 qt	6 lb 4 oz	1 gal	6 Place 1 qt brown rice (1 lb 9 oz) in each steam table pan (12" x 20" x 21/2"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					7 Pour boiling water (1 qt 3 cups per steam table pan) over brown rice. Stir. Cover pans tightly.
					8 Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes.
					9 Critical Control Point: Heat to 140 °F or higher for 15 seconds.
Cilantro, fresh, finely chopped	2 oz	3 ½ cups	4 oz	1 qt 3 cups	10 Remove rice from oven. Fold cilantro into rice. Set aside for step 12.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					11 Assemble in a 8 oz paper boat or bowl:
					12 First layer: Portion ½ cup rice mixture.
					13 Second layer: Portion ½ cup beans on top of rice mixture.
Pico de Gallo USDA Recipe for Schools	7 lb 2 oz	3 qt 2 ¼ cups	14 lb 4 oz	1 gal 3 qt ½ cup	14 Third layer: Portion ¼ cup pico de gallo on top of beans. See Pico de Gallo USDA Recipe for Schools for ingredients and directions.
Cheddar cheese, reduced-fat, finely shredded	1 lb	1 qt	2 lb	2 qt	15 Garnish each burrito bowl with 1 Tbsp of cheese.
					16 Serve 1 burrito bowl.



NUTRITION INFORMATION

For 1 burrito bowl.

NUTRIENTS	AMOUNT
Calories	236
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	5 mg
Sodium	352 mg
Total Carbohydrate	46 g
Dietary Fiber	9 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	12 g
Vitamin D	1 IU
Calcium	193 mg
Iron	5 mg
Potassium	564 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Mature onions	8 oz	1 lb

NOTES

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

Cooking Process #2: Same-Day Service.

How to Cook Dry Beans

Special tip for preparing 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

50 Servings	100 Servings
About 25 lb 8 oz (bean mixture)	About 51 lb (bean mixture)
About 3 gal 1 qt 2 cups (bean mixture)/50 burrito bowls	About 6 gal 3 cups (bean mixture)/100 burrito bowls