



# Beef or Pork Burrito With Canned Meats USDA Recipe for Schools

Low-sodium canned beef or pork—combined with tomatoes, onions, corn, spices, and cheese—is cooked and then wrapped in a whole-grain tortilla.

## NSLP/SBPCREDITING INFORMATION

**1 burrito provides 1 oz equivalent meat,  $\frac{1}{8}$  cup red/orange vegetable,  $\frac{1}{8}$  cup starchy vegetable,  $\frac{1}{8}$  cup additional vegetable, and 1.5 oz equivalent grains.**

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Beef with natural juices, canned, undrained, low-sodium	6 lb 6 oz	3 qt	12 lb 12 oz	1 gal 2 qt	<b>1</b> Pour beef and liquid into a large bowl. Remove all solid fat parts. Transfer remaining beef and liquid to a large stock pot.
OR					
Pork with natural juices, canned, undrained, low-sodium	6 lb 6 oz	3 qt	12 lb 12 oz	1 gal 2 qt	<b>2</b> Add onions, garlic, pepper, tomato paste, corn, cilantro, and spices. Simmer uncovered over medium heat for 10–15 minutes, stirring often.
*Onions, fresh, chopped	10 oz	2 cups	1 lb 4 oz	1 qt	
Garlic powder		1 Tbsp		2 Tbsp	
Black pepper, ground		2 tsp		1 Tbsp 1 tsp	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Tomato paste, canned, no-salt-added	1 lb 12 oz	3 cups (¼ No. 10 can)	3 lb 8 oz	1 qt 2 cups (½ No. 10 can)	
Frozen corn	2 lb 12 oz	1 qt 3½ cups	5 lb 8 oz	3 qt 3 cups	
Cilantro, fresh, finely chopped		3½ cups		1 qt 3 cups	
Chili powder	2 oz	3 Tbsp	4 oz	¼ cup 2 Tbsp	
Cumin, ground		2 Tbsp		¼ cup	
Paprika		1 Tbsp		2 Tbsp	
Onion powder		1 Tbsp		2 Tbsp	
Whole-grain tortillas, 8" (1½ oz each)	4 lb 11 oz	50 each	9 lb 6 oz	100 each	<p><b>3</b> To prevent tortillas from tearing when folding, steam for 3 minutes until warm.</p> <p>OR</p> <p>Hold tortillas in original packaging and place in a warmer at 135 °F for 10 minutes.</p>
					<p><b>4</b> Portion filling with No. 12 scoop (⅓ cup) onto center of each tortilla. Roll in the form of a burrito and seal.</p>
					<p><b>5</b> Place burritos seam side down on a sheet pan (18" x 26" x 1") lightly coated with pan-release spray.</p> <p>For 50 servings, use 2 pan. For 100 servings, use 4 pans.</p>





INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<b>6</b> Bake: Conventional oven: 375 °F for 15 minutes. Convection oven: 325 °F for 15 minutes.
					<b>7</b> Critical Control Point: Heat to 165°F or higher for at least 15 seconds.
					<b>8</b> Critical Control Point: Hold for hot service at 135 °F or higher.
					<b>9</b> If desired, serve with ¼ cup Pico de Gallo (see Pico de Gallo USDA Recipe for Schools).
					<b>10</b> Serve 1 burrito.



## NUTRITION INFORMATION

For 1 burrito.

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>199</b>
<b>Total Fat</b>	<b>5 g</b>
Saturated Fat	2 g
Cholesterol	16 mg
<b>Sodium</b>	<b>360 mg</b>
<b>Total Carbohydrate</b>	<b>30 g</b>
Dietary Fiber	5 g
Total Sugars	5 g
Added Sugars included	N/A
<b>Protein</b>	<b>11 g</b>
Vitamin D	0 IU
Calcium	104 mg
Iron	4 mg
Potassium	350 mg

N/A=data not available.

## SOURCE

USDA Standardized Recipes Project.

## MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Mature onions	12 oz	1 lb 8 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

50 Servings	100 Servings
About 10 lb 2 oz About 1 gal 1 qt/50 burritos	About 20 lb 4 oz About 2 gal 2 qt/100 burritos