



Beef or Pork Burrito

USDA Recipe for Schools

Our Beef or Pork Burrito is lean beef or pork combined with tomato paste, cheese, onions, green peppers and spices; cooked, then wrapped in a whole-grain tortilla.

NSLP/SBP CREDITING INFORMATION

1 burrito provides 1.5 oz equivalent meat/meat alternate, ¼ cup red/orange vegetable, ¼ cup other vegetable, and 1.5 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Garlic powder		2 Tbsp		¼ cup	1 Combine spices in a small bowl. Stir well.
Chili powder		3 Tbsp		¼ cup 2 Tbsp	
Cumin, ground		¼ cup		½ cup	
Paprika		2 Tbsp		¼ cup	
Onion powder		2 Tbsp		¼ cup	
Black pepper, ground		2 tsp		1 Tbsp 1 tsp	
OR					
White pepper, ground		2 tsp		1 Tbsp 1 tsp	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Ground beef, raw (no more than 15% fat) OR Ground pork, raw (no more than 15% fat)	5 lb		10 lb		2 Place ground beef in a large stock pot. Add half of spice mixture. Brown ground beef uncovered over medium–high heat. Stir frequently.
					3 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					4 Remove beef from heat. Drain beef in a colander. Set aside for step 7.
*Onions, fresh, chopped	2 lb 14 oz	2 qt 1 cup	5 lb 12 oz	1 gal 2 cups	5 In the same pot, add onions, bell peppers, and spices. Sauté uncovered over medium heat for 1 minute.
*Green bell peppers, fresh, diced ¼"	2 lb	1 qt 2⅞ cups	4 lb	3 qt ⅞ cup	
Water		1 qt 2 cups		1 gal 1 qt	6 Add water. Stir well. Reduce heat to low.
Tomato paste, canned no-salt-added	1 lb 14 oz	3¼ cups (⅓ No. 10 can)	3 lb 12 oz	1 qt 2½ cups (⅔ No. 10 can)	7 Add tomato paste and drained ground beef. Stir well. Simmer uncovered over low heat for 10–15 minutes.
					8 Critical Control Point: Heat to 165°F or higher for at least 15 seconds.
Cheddar cheese, reduced-fat, shredded	1 lb	1 qt	2 lb	2 qt	9 Combine shredded cheese with beef mixture. Stir well.
Whole-grain tortillas, 8" (1½ oz each)	4 lb 11 oz	50 each	9 lb 6 oz	100 each	10 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.
					11 Portion filling with (⅓ cup) onto center of each tortilla. Roll in the form of a burrito and seal.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>12 Place burritos seam side down on sheet pan. (18" x 26" x 1") lightly coated with pan-release spray.</p> <p>For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p>
					<p>13 Bake: Conventional oven: 375 °F for 15 minutes. Convection oven: 325 °F for 15 minutes.</p>
					<p>14 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p>
					<p>15 Critical Control Point: Hold for hot service at 135 °F or higher.</p>
					<p>16 If desired serve with ¼ cup Pico de Gallo (see Pico de Gallo USDA Recipe for Schools).</p>
					<p>17 Serve 1 burrito.</p>



NUTRITION INFORMATION

For 1 burrito.

NUTRIENTS	AMOUNT
Calories	277
Total Fat	10 g
Saturated Fat	4 g
Cholesterol	36 mg
Sodium	411 mg
Total Carbohydrate	30 g
Dietary Fiber	5 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	17 g
Vitamin D	4 IU
Calcium	201 mg
Iron	4 mg
Potassium	386 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Mature onions	3 lb 6 oz	6 lb 12 oz
Green bell peppers	3 lb	6 lb

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 13 lb (beef mixture)	About 26 lb 8 oz (beef mixture)
About 1 gal 2 qt (beef mixture)/50 burritos	About 3 gal 2 qt (beef mixture)/100 burritos

