

Breakfast Burrito with Salsa

Meal Components: Vegetable - Red / Orange, Grains, Meat / Meat Alternate

Breakfast, J-02

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Frozen whole eggs, thawed	5 lb	2 qt 1 1/2 cups	10 lb	1 gal 2 3/4 cups	<ol style="list-style-type: none"> In a mixer, using the paddle attachment, blend eggs, corn, milk, green peppers, onions, tomatoes, prepared mustard, granulated garlic, hot pepper sauce, and salt.
OR		OR		OR	
Fresh large eggs (see Special Tip)		45 each		90 each	
Frozen whole-kernel corn	1 lb	2 3/4 cups	2 lb	1 qt 1 1/2 cups	
Skim milk		3/4 cup		1 1/2 cups	
*Fresh green peppers, diced	8 oz	1 1/2 cups 2 Tbsp	1 lb	3 1/4 cups	
OR	OR	OR	OR	OR	
Frozen green peppers	14 oz	2 1/2 cups	1 lb 12 oz	1 qt 1 cup	
*Fresh onions, diced	14 oz	2 1/3 cups	1 lb 12 oz	1 qt 2/3 cup	
OR	OR	OR	OR	OR	
Dehydrated onions	2 1/2 oz	1 1/4 cup	5 oz	2 1/2 cups	

Prepared yellow mustard	2 oz	1/4 cup	4 oz	1/2 cup	
Granulated garlic		2 tsp		1 Tbsp 1 tsp	
Hot pepper sauce		1 Tbsp		2 Tbsp	
Salt		2 tsp		1 Tbsp 1 tsp	
<p>2. Pour 1 gal 2 cups of the above egg mixture into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. Cover with foil or metal lid.</p>					
Reduced fat cheddar cheese, shredded	10 oz	2 1/2 cups	1 lb 4 oz	1 qt 1 cup	
<p>3. Sprinkle 5 oz (1 ¼ cups) cheese on top of each pan. Cut each pan 5 x 5 (25 portions per pan).</p>					
Whole grain-rich tortillas, 8-inch (1.5 oz each)		50 each		100 each	
<p>4. Place one portion in center of each tortilla. Fold from bottom first, sides second, and top third, like an envelope. Place 25 tortillas flap side down into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p>					
Canned salsa	3 lb 5 oz	1 qt 2 1/4 cups (1/2 No. 10 can)	6 lb 10 oz	3 qt 1/2 cup (1 No. 10 can)	
<p>5. CCP: Hold for hot service at 135° F or higher. Serve each burrito with 2 Tbsp (1 oz) of salsa.</p>					

Notes

Comments:

*See Marketing Guide.

Special Tip:

1) For best results, cook egg filling in a steamer.

2) For 50 servings, use 1 lb 6 ½ oz (1 qt 3 ½ cups) dried whole eggs and 1 qt 3 ½ cups water in place of eggs. For 100 servings, use 2 lb 12 oz (3 qt 3 cups) dried whole eggs and 3 qt 3 cups water in place of eggs.

Updated July 2014. Restandardization in progress.

Marketing Guide

Food as Purchased for	50 Servings	50 Servings
Green peppers	10 oz	1 lb 4 oz
Mature onions	1 lb	2 lb
Tomatoes	3 oz	6 oz

Serving	Yield	Volume
1 burrito provides 2 oz equivalent meat alternate, 1/8 cup red/orange vegetable, and 1 1/2 oz equivalent grains.	50 Servings: about 9 lb (filling)	50 Servings: 2 steamtable pans
	100 Servings: about 18 lb (filling)	100 Servings: 4 steamtable pans

