

Chicken Burrito - USDA Recipe D530

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

D-64

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		2 1/2 cups		1 qt 1 cup	1. Boil water.
Brown rice, long-grain, regular, dry	12 1/2 oz	1 3/4 cups	1 lb 9 oz	3 1/2 cups	2. Place brown rice in a steam table pan (12" x 10" x 2 1/2"). Pour boiling water over brown rice. Stir. Cover pan tightly.
*Fresh cilantro, finely diced		1/4 cup		1/2 cup	3. Bake:
Frozen, cooked diced chicken, thawed, 1/2" pieces	1 lb 11 oz	1 qt 2 1/4 cups	3 lb 6 oz	3 qt 1 cup	4. Remove cooked rice from oven and let stand covered for 5 minutes. Fold in cilantro. Set aside.
Canned no-salt-added pinto beans, drained, rinsed	1 lb 10 oz	3 cups	3 lb 4 oz	1 qt 2 cups	5. Combine chicken, beans, cheese, oregano, cumin, and salsa in a large bowl. Stir well.
Or *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	

Canned low-sodium salsa	1 lb 13 oz	3 1/4 cups	3 lb 10 oz	1 qt 2 1/2 cups
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Whole-grain tortillas, 8" (1.5 oz each)

25

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6. Assembly:

7. Using a No. 20 scoop (1/8 cup), spread rice on center of tortilla.

8. Using a No. 8 scoop (1/2 cup), place chicken mixture on top of rice.

9. Roll in the form of a burrito and seal.

10. Place burritos seam side down on steam table pan (12" x 20" x 2 1/2") lined with parchment paper.

11. Cover and bake:

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.

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

Serving

NSLP/SBP Crediting Information: 1 burrito provides:

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

OR

Legume as Vegetable: 1 1/2 oz equivalent meat/meat alternate, 1/8 cup legume vegetable, 1/8 cup red/orange vegetable, and 2 oz equivalent grains.

CACFP Crediting Information: 1 burrito provides:

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

OR

Legume as Vegetable: 1 1/2 oz meat/meat alternate, 1/4 cup vegetable, and 2 grains/bread.

How to Cook Dry Beans

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 ¾ 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 1 ¾ qt water for every 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 ½ cups dry or 5 ¼ cups cooked beans.

Marketing Guide

Food as Purchased for	25 Servings	25 Servings
Dry pinto beans	10 oz	1 lb 4 oz

Serving	Yield	Volume
See Notes	25 Servings: about 6 lb 2 oz 50 Servings: about 12 lb 4 oz	25 Servings: about 3 quarts / 1 steam table pan (12" x 20" x 2 1/2") 50 Servings: about 1 gallon 2 quarts / 2 steam table pans (12" x 20" x 2 1/2")

Nutrients Per Serving

Calories	296	Saturated Fat	2 g	Iron	4 mg
Protein	19 g	Cholesterol	26 mg	Calcium	173 mg
Carbohydrate	42 g	Vitamin A	238 IU	Sodium	504 mg
Total Fat	6 g	Vitamin C	1 mg	Dietary Fiber	4 g