

# Chicken Burrito - USDA Recipe D530

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

D-64

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		1 qt 1 cup		2 qt 2 cups	1. Boil water.
Brown rice, long-grain, regular, dry 1 lb 9 oz		3 1/2 cups	3 lb 2 oz	1 qt 3 cups	2. Place 3 1/2 cups (1 lb 9 oz) brown rice in each steam table pan (12" x 10" x 2 1/2"). Pour boiling water (1 qt 1 cup per steam table pan) over brown rice. Stir. Cover pans tightly.
					3. Bake:
Fresh cilantro, finely diced		1/2 cup		1 cup	4. Remove cooked rice from oven and let stand covered for 5 minutes. Fold in cilantro. Set aside.
Frozen, cooked diced chicken, thawed, 1/2" pieces	3 lb 6 oz	3 qt 1 cup	6 lb 12 oz	1 gal 2 qt 2 cups	5. Combine chicken, beans, cheese, oregano, cumin, and salsa in a large bowl. Stir well.
Canned no-salt-added pinto beans, drained, rinsed	3 lb 4 oz	1 qt 2 cups	6 lb 8 oz	3 qt	
Or *Dry pinto beans, cooked (See Notes Section)	3 lb 4 oz	1 qt 2 cups	6 lb 8 oz	3 qt	
Low-fat cheddar cheese, shredded	1 lb 8 oz	1 qt 2 cups	3 lb	3 qt	
Ground oregano		1 tsp		2 tsp	

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Canned low-sodium salsa	3 lb 10 oz	1 qt 2 1/2 cups	7 lb 4 oz	3 qt 1 cup
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Whole-grain tortillas, 8" (1.5 oz each)

50

100

**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 135 °F or higher.

**14.** Serve 1 burrito.

## Notes

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	50 Servings	50 Servings
Dry pinto beans	1 lb 4 oz	2 lb 8 oz

Serving	Yield	Volume
	<b>50 Servings:</b> about 12 lb 4 oz	<b>50 Servings:</b> about 1 gallon 2 quarts / 2 steam table pans (12" x 20" x 2 1/2")
	<b>100 Servings:</b> about 24 lb 10 oz	<b>100 Servings:</b> about 3 gallons 2 cups / 4 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