

Bean, Rice, and Cheese Burrito

Main Dish

Source: School Nutrition Plus, Inc.

Portion Size 1 each

Ingredients

Cooked Brown Rice (recipe to follow)

Cooked Pinto Beans, low-sodium

Garlic Powder

Shredded Cheddar Cheese

Kosher Salt, box of ground course salt

Black Pepper

Onion Powder

10" Flour Tortillas

100 Portions

Measure

50 (1 cup)

10 lbs

3/8 oz

3 lbs

2 oz

1/4 oz

3/8 oz

100 each

Directions

Wash your hands before you begin. Place gloves on hands after washing hands.

Preheat oven to 375°F.

Please see brown rice recipe on the next page and follow instructions.

Drain, rinse, and place the beans in a 400 hotel pan. Cover the pan with foil and place it in the oven for 35 min making sure the internal temperature reaches 135°F. Remove the pan from the oven.

Using a 4oz disher place the 1/2 cup of the beans, 1/2 cup of the rice and sprinkle some of the shredded cheese in the middle of the tortilla.

Roll up the burrito by closing 2 ends over the bean mixture and roll them by the open end until the tortilla encases the entire mixture.

Hold at 135° F or higher.



Components

Meat/Meat ALT 2 oz eq

Grain 2.5 oz eq

Allergens

Milk, soy, wheat

Nutrients Per Serving

Calories 315.491 kcal

Total Fat 8.899 g

Saturated Fat 2.932 g

Trans Fat 0.002 g

Cholesterol 12.000 mg

Carbohydrate 46.367 g

Dietary Fiber 7.563 g

Sugars 1.390 g

Protein 11.739 g

Sodium 979.854 mg

Iron 2.620 mg

Calcium 250.191 mg

Vitamin A 145.820 IU

Vitamin C 0.100 mg

Water 0.094 g

Ash N/A

BEANS: Simply Delicious, Naturally Nutritious

Find more delicious bean recipes at BeanInstitute.com



Cooked Brown Rice

Portion Size 1 cup

Source: School Nutrition Plus, Inc.

Ingredients

Long Grain Brown Rice
Black Pepper
Kosher Salt
Garlic Powder
Onion Powder
Oil, Corn or Canola
Water

100 Portions

Measure
3 lbs + 12 oz
1 ¼ oz
3 ⅞ oz
2 ⅜ oz
2 ⅜ oz
2 oz
7 lbs + 8 oz

Directions

Preheat oven to 375°F.

Place the rice in a 400 Hotel Pan. Add seasonings and oil then mix.

Add the water, cover with plastic wrap and foil.

Place in the oven and cook for 60 minutes or until water has evaporated and rice has fluffed up.

Components

Grain 2 oz eq

Allergens

Wheat

Nutrients Per Serving

Calories 74.697 kcal

Total Fat 0.590 g

Saturated Fat 0.053 g

Trans Fat 0.002 g

Cholesterol 0.000 mg

Carbohydrate 14.481 g

Dietary Fiber 1.007 g

Sugars 0.064 g

Protein 1.731 g

Sodium 422.133 mg

Iron 0.370 mg

Calcium 13.238 mg

Vitamin A 1.861 IU

Vitamin C 0.167 mg

Water 34.108 g

Ash N/A

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