

# Bean Burrito Bowl (Bean Mixture)

Component: Meat/Meat Alternate-Vegetable

Main Dish

D120A

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Pinto beans, canned, low sodium, drained, rinsed OR Dry pinto beans, cooked (See Notes Section)	11 lb  OR 11 lb	1 gal 2 qt (2 1/2 No. 10 cans)  OR 1 gal 2 qt			<p>1. Combine beans, onions, garlic powder, pepper, chili powder, cumin, paprika, onion powder, salt (optional) water, and tomato paste in a medium stock pot. Stir well.</p> <p>2. Simmer over medium heat uncovered for 15 minutes, stirring occasionally.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 135° F for 15 seconds.</i></p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p> <p>3. To make burrito bowl combine with cilantro brown rice (see recipe), diced tomatoes, shredded lettuce (3 years old and older) and shredded cheese. See portion sizes for each listed with the serving information.</p> <p>4. First layer: Portion rice mixture. Second layer: Portion bean mixture. Third layer: Portion tomatoes and shredded lettuce. Garnish with cheese.</p>
*Onions, raw, chopped	6 oz	1 cup 3 Tbsp 1 tsp			
Garlic powder (adjust if necessary)		1 Tbsp			
Ground black pepper		2 tsp			
Chili powder		3 Tbsp			
Ground cumin		2 Tbsp			
Paprika		1 Tbsp			
Onion powder		1 Tbsp			
Salt (omit if low-sodium beans are not available)		1 tsp			
Water		2 qt 1 cup			
Tomato paste, canned, no-salt-added	1 lb 12 oz	3 cups 2 Tbsp (1/4 No. 10 can)			

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<b>Serving:</b> 1/2 cup bean mixture with 1 Tbsp of shredded cheese = 1.5 oz meat/alt	<b>Yield:</b>	<b>Volume:</b>
<p>1-2 years: 1/4 cup rice, 1/3 cup bean mixture, 1/8 cup tomatoes, (no lettuce for this age group), 2 tsp shredded cheese</p> <p>3-5 years: 1/4 c rice, 1/2 cup bean mixture, 1/8 cup tomatoes, 1/4 cup shredded lettuce, 1Tbsp shredded cheese</p> <p>6-18: 1/2 c rice, 2/3 cup beans, 1/4 cup tomatoes, 1/2 cup shredded lettuce, 1 Tbsp plus 1 tsp shredded cheese</p> <p>First layer: Portion rice mixture            Second layer: Portion bean            Third layer: Tomato and lettuce            Garnish with cheese</p>		

## Nutrients Estimate Per Serving of complete burrito bowl for 1-2 years

<b>Calories</b>	130.2	<b>Saturated Fat</b>	0.73 g	<b>Iron</b>	2.07 mg
<b>Protein</b>	6.28 g	<b>Cholesterol</b>	2.64 mg	<b>Calcium</b>	86.04 mg
<b>Carbohydrate</b>	22.89 g	<b>Vitamin A</b>	28.51 mcg RAE	<b>Sodium</b>	193.89 mg
<b>Total Fat</b>	1.72 g	<b>Vitamin C</b>	4.59 mg	<b>Dietary Fiber (2016)</b>	5.16 g

## Nutrients Estimate Per Serving of complete burrito bowl for 3-5 years

<b>Calories</b>	176.67	<b>Saturated Fat</b>	1.06 g	<b>Iron</b>	3.07 mg
<b>Protein</b>	9.03	<b>Cholesterol</b>	3.96 mg	<b>Calcium</b>	129.97 mg
<b>Carbohydrate</b>	30.40	<b>Vitamin A</b>	63.71 mcg RAE	<b>Sodium</b>	292.49 mg
<b>Total Fat</b>	2.44 g	<b>Vitamin C</b>	5.60 mg	<b>Dietary Fiber (2016)</b>	7.55 g

## Nutrients Estimate Per Serving of complete burrito bowl for 6-18 years

<b>Calories</b>	263.92	<b>Saturated Fat</b>	1.46 g	<b>Iron</b>	4.29
<b>Protein</b>	12.78 g	<b>Cholesterol</b>	5.27 mg	<b>Calcium</b>	176.76 mg
<b>Carbohydrate</b>	46.45 g	<b>Vitamin A</b>	108.43 mcg RAE	<b>Sodium</b>	391.91 mg
<b>Total Fat</b>	3.49 g	<b>Vitamin C</b>	9.69 mg	<b>Dietary Fiber (2016)</b>	10.66 g

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## Notes: How to Cook Dry Beans

### SOAKING BEANS

OVERNIGHT METHOD: Add 1  $\frac{3}{4}$  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  $\frac{3}{4}$  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  $\frac{3}{4}$  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  $\frac{3}{8}$  cups dry or 5  $\frac{1}{4}$  cups cooked beans.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Mature Onion	7 oz	14 oz