

Cookbook for CCYC

Created by HPS Menu Planner

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Burrito Bowl-Beef

Servings:	0.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-56468
School:	CCYC		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF	0 Cup	Keep frozen until ready to use. Place 12.5 cups of frozen corn into 4" steam table pan with slotted insert. add 1/2 cup water to bottom pan. Place in steamer for 15-20 minutes or until internal temperature reaches 135 degrees F for 15 seconds or longer. 1/4 cup serving Use #16 scoop	283730
BEANS BLACK LO SOD	0 Cup	6/#10 cans -111oz per can or 666oz per case Rinse cans free from debris. drain and rinse beans in colander. Place 2 cans in 4" steam table pan with 1/2 cup of water. Place in steamer and cook 10-15 minutes or until internal temperature reaches 135 degrees F for 15 seconds or longer. 1/4 cup serving size-use #16 scoop	231981
BEEF GRND 81/19 FINE GRIND	0 Ounce	PAN_FRY Crumble meat in a single layer in a preheated skillet and stir constantly until meat is cooked through and a meat thermometer reads 160F. To measure internal temperature of ground product, place crumbles into a mound and insert meat thermometer into center, being careful not to touch skillet. Ground beef should be cooked thoroughly to ensure food safety.	272691
TOMATO ROMA DCD 3/8IN	0 Cup	1oz per serving Use #30 scoop	786543
CHEESE CHED SHRD R/F	0 Cup	4/5# bags per case-80 oz per bag/320oz per case 1/4 cup per serving use #16 scoop	344721
SEASONING TACO	0 Cup	add 1 cup of taco seasoning into beef crumbles prior to cooking meat	413429
RICE PARBL LONG GRAIN	0 Cup	CONVECTION OVEN 350°F 20-25 MINUTES. STOCK POT SAUCEPAN BOILING 20-25 MINUTES. 1 Case = 960 Ounces (6 x 160 Ounces per Bag) of Rice, Parboiled, Long Grain, Enriched 1/4 Cup dry uncooked rice = 1 cup cooked	699181
TORTILLA FLOUR 10 12-12CT GRSZ	0 Each	READY_TO_EAT	713340
JUICE LIME	0 Cup		199028
CILANTRO CLEANED	0 Ounce		219550

Preparation Instructions

Season meat: Cook ground beef, drain. Mix thoroughly 1 cup of taco seasoning.

Cilantro Lime Rice: immediately after rice is cooked add 1/2 cup of lime juice and 3oz of chopped cilantro-Mix thoroughly

To assemble:

- 1) Place 1/2 cup of cooked cilantro lime rice(use #8 scoop) in bottom of Tortilla bowl-
- 2) layer 1/4 cup corn (use#16 scoop), 1/2 cup black beans (use #16 scoop),
- 3) Add 2.5oz of Avocado spread (use # 12 scoop)
- 4) Add 2oz of cooked seasoned beef (use #16 scoop)
- 5) Top with 1/8 cup of diced tomatoes use #30 scoop
- 6) Add 1/4 cup of shredded cheddar cheese Use #16 scoop
- 7) Serve

Condiments:

cilantro-gfs#219550

diced onions

shredded romaine lettuce

salsa-gfs#452841

avocado spread-gfs#789942

queso fresco cheese-gfs#559862

jalapeno slices-2 per taco-gfs#786802

Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	451.76
Fat	12.35g
Saturated Fat	5.55g
Trans Fat	0.00g
Cholesterol	42.51mg
Sodium	385.61mg
Carbohydrates	60.46g
Fiber	4.54g
Total Sugar	2.10g
Added Sugar	0.50g
Protein	22.62g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 104.90mg	Iron 3.89mg

Nutrition - Per 100g

No 100g Conversion Available