

# **Cookbook for Calhoun County Youth Center**

**Created by HPS Menu Planner**

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# Burrito Bowl-Beef

<b>Servings:</b>	40.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-56468
<b>School:</b>	Calhoun County Youth Center		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF	10 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	10 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	80 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 3/8"	5 Cup	1oz per serving Use #30 scoop	786543
CHEESE CHED SHRD R/F	2 1/2 Cup	4/5# bags per case-80 oz per bag/320oz per case 1/4 cup per serving use #16 scoop	344721
SEASONING TACO	4/5 Cup	add 1 cup of taco seasoning into beef crumbles prior to cooking meat	413429
RICE PARBL LONG GRAIN	10 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	4/5 Each	READY_TO_EAT	713340
JUICE LIME	2/5 Cup		199028
CILANTRO CLEANED	2 2/5 Ounce		219550

## Preparation Instructions

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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