

# Burrito Bowl- Beef or Pulled Pork



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49607
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Philly Beef Steak	640 Ounce		5813
CILANTRO	14 Ounce		896304
BEANS BLACK LO SOD	272 Ounce		231981
CORN CUT SUPER SWT	144 Ounce		851329
RICE BRN LNG PARBL 25# COMM	224 Ounce		378351
Lime juice, raw	2 Cup		9160
VINEGAR APPLE CIDER	1 Cup		323856
PEPPER HATCH MLD DCD 5-5#	64 Ounce	Can use enchilada sauce , if you can not find green chili enchilada sauce	833692
RED ONION	16 Ounce		15N63
PEPPERS RED	16 Ounce		188583
PEPPER PUREE CHIPOTLE	3 Ounce		270772
TORTILLA SHELL SAL ULTRGR 10IN BK	100 Each		720526

# Preparation Instructions

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## PRE-PREPARATION

Recipe Source: Boulder Valley School District Food Services

Red onions yield 88%

Red bell peppers yield 80%

Canned black beans yield 56%

Cooked beef yields 63%

Drained peppers yield 94%

1. Puree the chipotle peppers in a food processor.
2. Defrost green chili sauce.
3. Preheat oven to 300 degrees F.

## PREPARATION

1. Prepare the Black Bean and Corn Salad:

- a. Defrost corn.
- b. Drain and rinse black beans.
- c. Dice onions and peppers.
- d. Chop cilantro.
- e. Mix together corn, beans, onion, peppers, cilantro.
- f. In separate bowl whisk together vinegar, first lime juice amount, olive oil, and first salt amount.
- g. Combine all ingredients and set aside for later use.

2. Prepare the rice:

- a. Ratio - 1 part rice to 1 part water.
- b. Place rice and water in bowl of rice cooker.
- c. Stir well. Cover with lid.
- d. Turn on rice cooker.
- e. Do not lift lid until rice cooker indicates that the rice is ready.

Note: Alternatively, combine rice and water in hotel pans and cook in steamer until tender (about 20-30 minutes).

3. Prepare the beef:

- a. add cooked Philly steak meat to hotel pan.
- b. cook on low until meat is heated. drain excess liquid.
- c. Add the pureed chipotle peppers, second lime juice amount, green chilies, and thawed green chili sauce to the shredded beef.

Note: You can add some of the reserved cooking liquid back in if it is too dry.

Bake tortilla shells ahead of service time. Take a 10 oz hot disposable bowl and lay tortilla over top of bowl on sheet pan and bake for 5-10 minutes or until golden brown and shaped.

## SERVING

1 pan = 10lb or 5 quarts = 40 servings

Serving: 1 bowl = 1/2 cup meat mixture (4oz.) with 1 cup rice and topped with 1/2 cup (2.8oz.) of Black Bean and Corn Salsa. Place all ingredients inside of the baked tortilla shell.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.010
<b>Legumes</b>	1.500
<b>Starch</b>	0.200

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		685.63	
<b>Fat</b>		19.32g	
<b>SaturatedFat</b>		3.86g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		16.00mg	
<b>Sodium</b>		518.32mg	
<b>Carbohydrates</b>		100.59g	
<b>Fiber</b>		14.44g	
<b>Sugar</b>		4.05g	
<b>Protein</b>		25.17g	
<b>Vitamin A</b>	0.59IU	<b>Vitamin C</b>	0.36mg
<b>Calcium</b>	119.29mg	<b>Iron</b>	3.59mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

No 100g Conversion Available