

Burrito Bowl- Beef or Pulled Pork



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-49607
School:	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

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

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.010
Legumes	1.500
Starch	0.200

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

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