

Bean Burrito Bowl

Bowl meals are one of the newest ways to create layers of nutrition. Our Bean Burrito Bowl's burst of southwest flavor comes from brown rice, black beans, Mexican spices and popular pico de gallo.

CACFP Home Childcare Crediting Information

Legume as Meat Alternate: 1-12 oz bowl provides $\frac{5}{8}$ cup vegetable ($\frac{1}{8}$ cup additional vegetable, $\frac{3}{8}$ cup red/orange vegetable, $\frac{1}{8}$ cup other vegetable), 2 oz equivalent meat/meat alternate, and 1 oz equivalent grains.

OR

Legume as a Vegetable: 1-12 oz bowl provides 1 $\frac{1}{8}$ cup vegetable ($\frac{1}{4}$ cup additional vegetable, $\frac{3}{8}$ cup legume vegetable, $\frac{3}{8}$ cup red/orange vegetable, $\frac{1}{8}$ cup other vegetable), 0.25 oz equivalent meat/meat alternate, and 1 oz equivalent grains.



Preparation Time: 40 minutes

Cooking Time: 50 minutes

Makes: 6 servings

Ingredients

3 $\frac{1}{2}$ cups or 1 lb 5 oz Canned, low sodium pinto beans, drained, rinsed

OR

3 $\frac{1}{2}$ cups or 1 lb 5 oz Dry pinto beans, cooked
See Notes Section

$\frac{1}{4}$ cup or 1 oz Fresh onions, chopped

$\frac{3}{4}$ tsp Garlic powder

$\frac{1}{4}$ tsp Ground black pepper

$\frac{3}{4}$ tsp Chili powder

1 tsp Ground cumin

$\frac{3}{4}$ tsp Paprika

$\frac{3}{4}$ tsp Onion powder

$\frac{1}{2}$ tsp Salt

1 $\frac{1}{8}$ cup or 9 oz Water

$\frac{1}{4}$ cup or 3 $\frac{1}{2}$ oz Canned no-salt-added tomato paste

2 cup or 16 oz Water

1 $\frac{1}{8}$ cup or 7 oz Brown rice, long-grain, regular, dry, parboiled

$\frac{1}{4}$ cup or $\frac{1}{2}$ oz Fresh cilantro, finely chopped

Pico de Gallo (See Notes)

$\frac{1}{2}$ cup or 2 oz Reduced-fat cheddar cheese, finely shredded

Directions

- 1 Make Pico de Gallo recipe first and refrigerate. Set aside for step 12. See recipe directions on page 2.
- 2 Preheat oven:
Conventional oven: 350 °F.
Convection oven: 325 °F.
- 3 Combine beans, onions, garlic powder, ground black pepper, chili powder, ground cumin, paprika, onion powder, salt, water, and tomato paste in a medium saucepan. Stir well. Simmer over medium heat uncovered for 15 minutes, stirring occasionally.
- 4 Critical Control Point:
Heat to 140 °F or higher for at least 15 seconds.
Set aside for step 12.
- 5 Critical Control Point:
Hold for hot service at 140 °F.
- 6 Boil water for step 8.
- 7 Place 1 $\frac{1}{8}$ cup brown rice in a small baking pan (8" x 8" x 2").
- 8 Pour boiling water (2 cups) over brown rice. Stir. Cover pan tightly.
- 9 Bake:
Conventional oven: 350 °F for 40 minutes.
Convection oven: 325 °F for 40 minutes.
- 10 Critical Control Point:
Heat to 140 °F or higher for 15 seconds.
- 11 Remove rice from oven. Fold cilantro into rice. Set aside for step 12.

Notes Section:

How to Cook Dry Beans

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ 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 ¾ 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 ¾ 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 140 °F or higher.

OR

Chill for later use.

Critical Control Point:

Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

1 lb dry black beans = about 2 ¼ cups dry or 4 ½ cups cooked beans.

Directions continued

12 Assembly using a 12 oz bowl:

- a. First layer:
Portion rice mixture with No. 8 scoop (½ cup).
Portion beans with No. 8 scoop (½ cup).
- b. Third layer:
Portion Pico de Gallo with No. 16 scoop (¼ cup).

13 Garnish each burrito bowl with 1 Tbsp of cheese.

14 Serve 1–12 oz burrito bowl.

Pico de Gallo Recipe

- 10 oz Fresh tomatoes chopped
- 3 oz Fresh red onions diced ¼"
- 1 oz Fresh jalapeño peppers seeded diced ¼"
- ¼ cup or ½ oz Fresh cilantro, finely chopped
- ⅛ cup Fresh green onions, finely chopped
- ⅛ tsp Salt
- ⅛ tsp Ground black pepper
- ¾ tsp Garlic powder

Combine all ingredients in a medium size mixing bowl. Stir well. Refrigerate until ready to serve.

Critical Control Point:

Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

Hold at 40 °F degrees or below.

Source:

CACFP Home Childcare 6-Serving Recipe Project

Nutrients Per Serving: Calories 259, Protein 13 g, Carbohydrates 51 g, Dietary Fiber 10 g, Total Sugar 4 g, Total Fat 3 g, Saturated Fat 1 g, Cholesterol 5 mg, Sodium 471 mg, Vitamin A 94 mcg RAE, Vitamin C 26 mg, Vitamin D 1 IU, Calcium 204 mg, Iron 5 mg, Potassium 606 mg

