



Bean Burrito Bowl- (Meat Alternate)

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 Adult Portion Crediting Information

Legume as a Meat Alternate: One (24 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 alternate, and 2 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommended to prepare and cook in batches of 25 servings
	Weight	Measure	Weight	Measure	
					1 Make Pico de Gallo recipe in advance, refrigerate and set aside for step 18. See step 13.
					2 Preheat oven: Conventional oven: 350 °F Convection oven: 325 °F
Canned, low sodium pinto beans, drained, rinsed OR *Dry pinto beans, cooked (See Notes Section)	5 lb 8 oz OR 5 lb 8 oz	3 qt OR 3 qt	11 lb OR 11 lbs	1 gal 2 qt OR 1 gal 2 qt	3 Combine beans, onions, garlic powder, pepper, seasonings, tomato paste, and water in a medium stock pot. Stir well. Simmer over medium heat uncovered for 15 minutes, stirring occasionally.
*Fresh onions, chopped	3 oz	$\frac{1}{2}$ cup	6 oz	1 cup	4 Set aside for step 18.
Garlic powder		1 Tbsp		2 Tbsp	5 Critical Control Point: Heat to 140 °F or higher for 15 seconds.
Ground black pepper		1 tsp		2 tsp	6 Critical Control Point: Hold for hot service at 140 °F.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chili powder		2 Tbsp		¼ cup	
Ground cumin		2 Tbsp		¼ cup	
Paprika		2 tsp		1 Tbsp 1 tsp	
Onion powder		1 Tbsp		2 Tbsp	
Salt		1 ½ tsp		1 Tbsp	
Water		1 qt 2 ½ cups		3 qt 1 cup	
Canned no-salt-added tomato paste	14 oz	1 ½ cups 1 Tbsp (1 No. 300 can)	1 lb 12 oz	3 cups 2 Tbsp (2 No. 300 can)	
Water		1 gal		2 gal	7 Boil water for step 9.
Brown rice, long-grain, regular, dry, parboiled	3 lb 2 oz	2 qt	6 lb 4 oz	1 gal	8 Place 3 lb 2 oz brown rice (2 qt) in each steam table pan (12" x 20" x 2 ½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					9 Pour boiling water (1 gal) per steam table pan) over brown rice. Stir. Cover pans tightly.
					10 Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes.
					11 Critical Control Point: Heat to 140 °F or higher for 15 seconds.
*Fresh cilantro, finely chopped	1 oz	1 ¾ cups	2 oz	3 ½ cups	12 Remove rice from oven. Fold cilantro into rice. Set aside for step 18.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Pico de Gallo Recipe					
*Fresh tomatoes, chopped	2 lb 8 oz	1 qt 1 ⅓ cups	5 lb	2 qt 2 ⅔ cups	13 Pico de Gallo Directions: Combine all ingredients together in a large bowl. Stir well. Refrigerate until ready for service.
*Fresh red onions, diced ¼"	12 oz	2 ⅓ cups	1 lb 8 oz	1 qt ⅔ cup	
*Fresh jalapeño peppers, seeded, diced ¼"	3 oz	½ cup	6 oz	1 cup	14 Critical Control Point: Cool to 40 °F or lower within 4 hours.
*Fresh cilantro, finely chopped	1 oz	1 ¾ cups	2 oz	3 ½ cups	
*Fresh green onions, finely chopped	2 oz	⅓ cup	4 oz	⅔ cup	15 Critical Control Point: Hold at 40 °F or below.
Salt		½ tsp		1 tsp	
Ground black pepper		½ tsp		1 tsp	16 Prepare for assembly. Place up to ten, 24 oz bowls on a sheet pan (24" x 12" x 2") to assemble the burrito bowl. Set aside for step 17. For 25 servings, use 3 sheet pans. For 50 servings, use 6 sheet pans.
Garlic powder		1 Tbsp		2 Tbsp	
					17 Portion with No. 16 scoop (¼ cup).
					18 Assembly using 24 oz burrito bowls: First layer: Portion rice mixture with No. 8 scoop (1 cup). Second layer: Portion beans with a 6 oz spoodle (¾ cup). Third layer: Portion pico de gallo with No. 16 scoop (¼ cup).

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Reduced-fat cheddar cheese, finely shredded	11 oz	3 cups	1 lb 6 oz	1 qt 2 cups	<p>19 Garnish each burrito bowl with 1 Tbsp of cheese.</p> <p>20 Serve 1 - 24 oz burrito bowl.</p>

NUTRITION INFORMATION

For 1 bowl

NUTRIENTS	AMOUNT
Calories	349
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Total Fat	5 g
Saturated Fat	2 g
Cholesterol	7 mg
Sodium	453 mg
Total Carbohydrate	71 g
Dietary Fiber	12 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	17 g
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Vitamin A	87 mcg RAE
Vitamin C	23 mg
Vitamin D	2 IU
Calcium	250 mg
Iron	7 mg
Potassium	631 mg
N/A=no data available	

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Fresh onions	14 oz	1 lb 12 oz
Fresh cilantro	2 oz	4 oz
Fresh tomatoes	2 lb 14 oz	3 lb 12 oz
Fresh red onions	3 oz	6 oz
Fresh jalapeño pepper	3 oz	6 oz
Fresh green onions	3 oz	6 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

How to Cook Dry Beans

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 $\frac{3}{4}$ 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 $\frac{3}{4}$ 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 $\frac{3}{4}$ 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 pinto beans = about 2 $\frac{3}{8}$ cups or 5 $\frac{1}{4}$ cups cooked beans.

YIELD/VOLUME	
25 Servings	50 Servings
About 1 gal	About 2 gal
About 9 lb 8 oz/1 steam table pan (12" x 20" x 2 1/2").	About 19 lb/2 steam table pans (12" x 20" x 2 1/2").

SOURCE:
CACFP Adult Portion Recipe Project