



Bean Burrito Bowl

USDA Recipe for CACFP

Our Bean Burrito Bowl combines pinto beans with tomatoes, green onion, cilantro, and spices, served over brown rice.

CACFP CREDITING INFORMATION

1 burrito bowl provides

Legume as Meat Alternate: 1.5 oz equivalent meat alternate, 58 cup vegetable, and 1 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Pinto beans, canned, low-sodium, drained, rinsed OR Pinto beans, dry, cooked	5 lb 8 oz	3 qt (1 ¼ No. 10 cans)	11 lb	1 gal 2 qt (2 ½ No. 10 cans)	1 Combine beans, onions, garlic powder, pepper, chili powder, cumin, paprika, onion powder, salt, water, and tomato paste in a medium stock pot. Stir well. Simmer over medium heat uncovered for 15 minutes, stirring occasionally.
*Onions, fresh, chopped	3 oz	½ cup 1 Tbsp 2 tsp	6 oz	1 cup 3 Tbsp 1 tsp	2 Critical Control Point: Heat to 140 °F or higher for 15 seconds.
Garlic powder		1 ½ tsp		1 Tbsp	3 Critical Control Point: Hold for hot service at 140 °F.
Black pepper, ground		1 tsp		2 tsp	4 Set aside for step 13.
Chili powder		1 ½ Tbsp		3 Tbsp	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Cumin, ground		1 Tbsp		2 Tbsp	
Paprika		1 ½ tsp		1 Tbsp	
Onion powder		1 ½ tsp		1 Tbsp	
Salt		1 tsp		2 tsp	
Water		1 qt ½ cup		2 qt 1 cup	
Canned no-salt-added tomato paste	14 oz	1 ½ cups 1 Tbsp (¼ No. 10 can)	1 lb 12 oz	3 cups 2 Tbsp (¼ No. 10 can)	
Water		1 qt 3 cups		3 qt 2 cups	5 Boil water for step 7.
Brown rice, long-grain, regular, dry, parboiled	1 lb 9 oz	1 qt	3 lb 2 oz	2 qt	6 Place 1 qt brown rice (1 lb 9 oz) in each steam table pan (12" x 20" x 2 ½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					7 Pour boiling water (1 qt 3 cups per steam table pan) over brown rice. Stir. Cover pans tightly.
					8 Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes.
Cilantro, fresh, finely chopped	1 oz	1 ⅓ cups	2 oz	3 ½ cups	9 Critical Control Point: Heat to 140 °F or higher for 15 seconds.
					10 Remove rice from oven. Fold cilantro into rice. Set aside for step 12.
					11 Assemble in a 8-oz paper boat or bowl:

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					12 First layer: Portion rice mixture with No. 8 scoop ($\frac{1}{2}$ cup).
					13 Second layer: Portion beans with No. 8 scoop ($\frac{1}{2}$ cup).
Pico de Gallo USDA Recipe for CACFP					14 Third layer: Portion pico de gallo with No. 16 scoop ($\frac{1}{4}$ cup). See Pico de Gallo USDA Recipe for CACFP for ingredients and directions.
Cheddar cheese, reduced-fat, finely shredded	8 oz	2 cups	1 lb	1 qt	15 Garnish each burrito bowl with 1 Tbsp of cheese.
					16 Serve 1 burrito bowl.

NUTRITION INFORMATION

For 1 burrito bowl.

NUTRIENTS	AMOUNT
Calories	236
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	5 mg
Sodium	352 mg
Total Carbohydrate	46 g
Dietary Fiber	9 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	12 g
Vitamin D	1 IU
Calcium	193 mg
Iron	5 mg
Potassium	564 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	4 oz	8 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when the variation of the ingredient is available.
Cooking Process #2: Same-Day Service.

How to Cook Dry Beans

Special tip for preparing dry beans:
SOAKING BEANS

OVERNIGHT METHOD: Add 1¼ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1¼ 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 1¼ qt water for every 1 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 135 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 41 °F or lower within 4 hours.

1 lb dry pinto beans = about 2⅔ cups dry or 5⅓ cups cooked beans.

YIELD/VOLUME

25 Servings	50 Servings
About 12 lb 12 oz (bean mixture)	About 25 lb 8 oz (bean mixture)
About 1 gal 2 qt 3 cups (bean mixture)/25 burrito bowls	About 3 gal 1 qt 2 cups (bean mixture)/50 burrito bowls

