



# 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)	<b>1</b> 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.
	5 lb 8 oz	3 qt	11 lb	1 gal 2 qt	
*Onions, fresh, chopped	3 oz	½ cup 1 Tbsp 2 tsp	6 oz	1 cup 3 Tbsp 1 tsp	<b>2</b> Critical Control Point: Heat to 140 °F or higher for 15 seconds.
Garlic powder		1 ½ tsp		1 Tbsp	<b>3</b> Critical Control Point: Hold for hot service at 140 °F.
Black pepper, ground		1 tsp		2 tsp	<b>4</b> 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 ( ⅛ No. 10 can)	1 lb 12 oz	3 cups 2 Tbsp ( ¼ No. 10 can)	
Water		1 qt 3 cups		3 qt 2 cups	<b>5</b> Boil water for step 7.
Brown rice, long-grain, regular, dry, parboiled	1 lb 9 oz	1 qt	3 lb 2 oz	2 qt	<b>6</b> 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.
					<b>7</b> Pour boiling water (1 qt 3 cups per steam table pan) over brown rice. Stir. Cover pans tightly.
					<b>8</b> 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	<b>9</b> Critical Control Point: Heat to 140 °F or higher for 15 seconds.
					<b>10</b> Remove rice from oven. Fold cilantro into rice. Set aside for step 12.
					<b>11</b> Assemble in a 8-oz paper boat or bowl:





INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<b>12</b> First layer: Portion rice mixture with No. 8 scoop ( $\frac{1}{2}$ cup).
					<b>13</b> Second layer: Portion beans with No. 8 scoop ( $\frac{1}{2}$ cup).
Pico de Gallo USDA Recipe for CACFP					<b>14</b> 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	<b>15</b> Garnish each burrito bowl with 1 Tbsp of cheese.
					<b>16</b> Serve 1 burrito bowl.



**NUTRITION INFORMATION**

For 1 burrito bowl.

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>236</b>
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	1 g
Cholesterol	5 mg
<b>Sodium</b>	<b>352 mg</b>
<b>Total Carbohydrate</b>	<b>46 g</b>
Dietary Fiber	9 g
Total Sugars	4 g
Added Sugars included	N/A
<b>Protein</b>	<b>12 g</b>
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**

<b>Food as Purchased for</b>	<b>25 Servings</b>	<b>50 Servings</b>
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 1¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

**QUICK-SOAK METHOD:** Boil 1¾ 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 1¾ 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 5¼ cups cooked beans.

**YIELD/VOLUME**

<b>25 Servings</b>	<b>50 Servings</b>
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

