

# Rocky Mountain Breakfast Burrito

**Number of Portions:** 100

**Portion Size:** Grades K-12: 1 burrito

## INGREDIENTS:

K-12  
Quantities:

Tortilla, whole grain-rich 	 100 Tortillas (1 ½ oz.)
Mozzarella Cheese 	 3 ½ lbs.
Scrambled Eggs, pre-cooked, frozen 	 3 ½ lbs.
Garlic Powder	 2 Tbsp.
Black Beans, canned, drained 	 25 cups
Green Chilies, canned, chopped, drained	 12 ½ cups
Garlic, flakes	 ¼ cup
Onions, dehydrated	 ¼ cup
Cumin, ground	 ¼ cup
Salsa, low-sodium 	 12 ½ cups

 = Available through USDA Foods



36 CHEF DESIGNED SCHOOL BREAKFAST

## DIRECTIONS:

Preheat convection oven to 350 °F.

### PREPARE INGREDIENTS:

Thaw eggs completely in refrigerator. Drain and rinse black beans. Drain chili peppers. Shred cheese.

### HEAT TORTILLAS AND SHRED CHEESE:

Do not remove tortillas from their plastic bag. Place tortillas in the warmer for 1 hour or until warm. If tortillas begin to stick together, remove them from their plastic bag and microwave for 1 minute and use immediately.

### SEASON SCRAMBLED EGGS:

Toss scrambled eggs with garlic powder.

### PREPARE BEAN MIXTURE:

Toss seasoned eggs, drained black beans, green chiles, garlic flakes, dehydrated onions, and cumin until well combined.

### ASSEMBLE AND HEAT BURRITOS:

Place warm tortillas on individual foil sheets. Place ⅓ cup of bean mixture, 1 ounce eggs, and 0.5 ounce of cheese in the center of each tortilla and wrap into a burrito shape. Wrap the foil around the burrito. Line wrapped burritos in a single layer on baking sheets and heat for 15-20 minutes. Serve salsa on the side.



Estimated  
Food Cost:

15¢



CALORIES  
258

SATURATED  
FAT  
2.80g

SODIUM  
668.63mg

## Chef Brenda's Tips

-  If the tortillas stick together, place them in a microwave for 1 minute.
-  To enhance the flavors of this low-sodium dish, prepare the bean mixture a day in advance and store in the refrigerator.
-  Wrapping burritos is a skill and can take time, so it is a good idea to conduct training on how to perform this task before taking this burrito to production.

RECIPE CONTRIBUTIONS:		GRADES K-12
<b>Grains Contribution</b>		<b>2.5 oz eq</b>
<i>Grains Total</i>		<i>1.5 oz eq</i>
WGR Tortilla		1.5 oz eq
<i>Meats/MA Total</i>		<i>1.0 oz eq</i>
Eggs		0.5 oz eq
Mozzarella Cheese		0.5 oz eq
<b>Fruits/Vegetable Contribution</b>		<b>½ cup</b>
<i>Vegetable Total</i>		<i>0.5 cup</i>
Black Beans		0.25 cup
Salsa		0.125 cup
Green Chili		0.125 cup

