

Southwest Burrito



Student Feedback

"I want to have this every day!"
— 1st Grade Student



"This is one of the best chef meals yet."
— 3rd Grade Student



"This burrito is better than a
pulled pork sandwich."
— 4th Grade Student



"This meal is so good. Don't change anything."
— 5th Grade Student



"This is a lot better than I thought it would be."
— 8th Grade Student



"This is the best meal I have had in school."
— High School Student

CHEF RECOMMENDS



Southwest Burrito

Corn 🌽

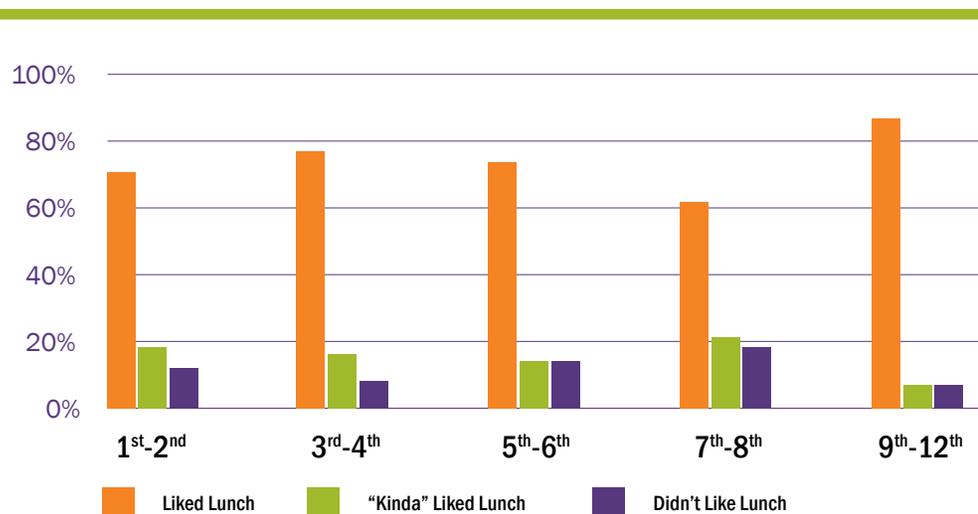
Watermelon

Low-Fat Milk

Estimated
Food Cost

97¢

STUDENT VOTES BY GRADE LEVEL



	K-8 Serving Size	9-12 Serving Size
Southwest Burrito	1 Burrito	1 Burrito
Corn	½ cup	½ cup
Watermelon	½ cup	1 cup
Milk	1 cup	1 cup
Meal Contribution	2 M/MA 1.75 Grains .5 cup Fruit 1 cup Vegetable	2 M/MA 2 Grains 1 cup Fruit 1 cup Vegetable

SOUTHWEST BURRITO

Number of Portions: 100

Portion Size: Grades K-12: 1 burrito

INGREDIENTS:

K-12
Quantities:

Green Bell Peppers, whole, fresh		10 ½ lbs.
Onions, whole, fresh		5 ½ lbs.
Mozzarella Cheese 		3 ¾ lbs.
Whole Grain Tortilla		100 Tortillas (K-8 : 49g) (9-12 : 56g)
Pinto Beans, low-sodium 		1 ½ #10 cans
Garlic Powder		⅓ cup
Cumin		¼ cup
BBQ Pulled Pork 		18 ¾ lbs.
Chili Powder		¼ cup
Parboiled Brown Rice (cooked amount) 		12 cups
Salsa, low-sodium 		6 ¼ cups



DIRECTIONS:

PREPARE INGREDIENTS:

Cut green peppers into strips and dice onions into small pieces. Shred mozzarella cheese.

WARM TORTILLAS:

Place a piece of parchment paper in a deep steam table pan. Wet two paper towels with water and make into a ball; place paper towel ball underneath the parchment paper in a corner of the steam table pan. Place tortillas in the steam table pan by staggering them on top of each other in groups of 12-15. Cover the pan with foil, place in warmer, and heat for 2 hours.

PREPARE BEAN/VEGETABLE MIXTURE:

Mix undrained pinto beans, garlic powder, diced peppers, diced onions, and cumin and bring to a boil. Simmer for 20 minutes, stirring often. Drain.

PREPARE PORK:

Follow manufacturer's instructions to heat pork. Pork is done when it reaches 145°F.

PREPARE RICE:

Add chili powder to rice and cook rice according to manufacturer's instruction.

NOTE: Rice quantity in recipe is for amount of cooked rice needed. Use your rice package label to determine the correct amount of raw rice to prepare.

For tender rice, do not add salt to rice during cooking, even when the package directions call for it.

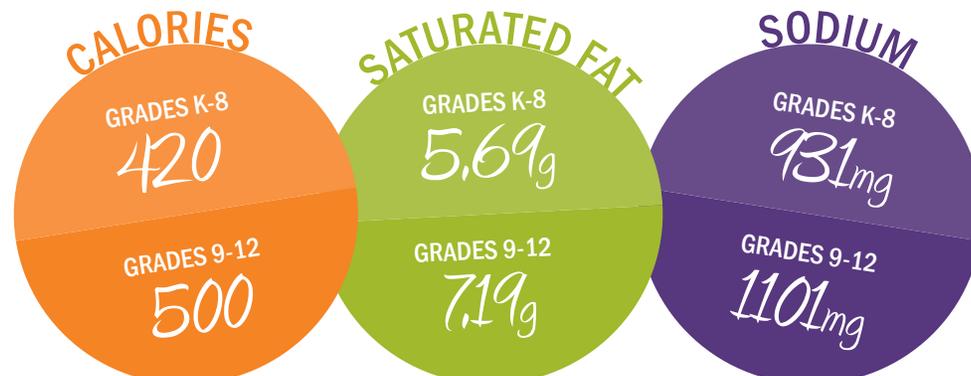
ASSEMBLE BURRITO:

Place tortillas on individual foil sheets. Top with 3 oz. meat in sauce, 2 tbsp. beans, 1 ¾ tbsp. rice, and ½ oz. of cheese. Serve salsa on the side.

NOTE: Due to moisture and cooking time, meat serving size weight will vary. It is recommended that schools weigh total cooked meat mixture and divide by the number of servings to determine accurate portion sizes.

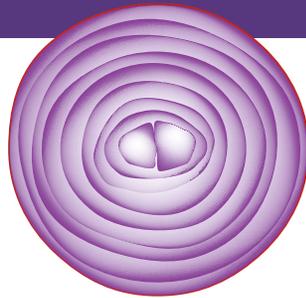
RECIPE CONTRIBUTIONS

	GRADES K-8	GRADES 9-12
Vegetables Contribution	.5 cup	.5 cup
<i>Vegetables Total</i>	.57	.57
Pinto Beans	.135	.135
Green Peppers	.25	.25
Onions	.128	.128
Salsa	.06	.06
Grains Contribution	1.75 oz. eq.	2 oz. eq.
<i>Grains Total</i>	1.87	2.12
Tortilla	1.75	2
Rice	.12	.12
Meats/MA Contribution	2 oz. eq.	2 oz. eq.
<i>Meats/MA Total</i>	2	2
BBQ Pork	1.5	1.5
Cheese	.5	.5



Serving Tip:

Make sure you spread the meat out in the tortilla so that each ingredient is in each bite of the burrito. The pulled pork sticks together and will clump in one end of the burrito if you are not careful.



Chef Brenda's Tips



-  Creating a production line when wrapping burritos makes the wrapping process easy. The more you do it, the faster you and your staff will become. This was one of the easiest chef meals to make.
-  Add mild, medium, or hot canned green chilies in place of green peppers for a spicier burrito option. Pick the spice range that fits your students' tastes.