

VEGETARIAN BURRITO

Yield 100

Portion 2 Burritos

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
521 cal	61 g	25 g	20 g	40 mg	1060 mg	416 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
COOKING SPRAY, NONSTICK	2 oz	1/4 cup 1/3 tbsp	
ONIONS, FRESH, CHOPPED	1-3/8 lbs	1 qts	1-5/8 lbs
GARLIC POWDER	5/8 oz	2 tbsp	
CHILI POWDER, DARK, GROUND	3/4 oz	3 tbsp	
CUMIN, GROUND	7/8 oz	1/4 cup 1/3 tbsp	
BEANS, PINTO, CANNED, DRAINED	8-1/2 lbs	1 gal	
BEANS, KIDNEY, DARK RED, CANNED, DRAINED	6-1/4 lbs	1 gal	
BEANS, BLACK, CANNED, DRAINED	9 lbs	1 gal	
TORTILLAS, WHEAT, 6 INCH	14-1/8 lbs	200 each	
LETTUCE, ICEBERG, FRESH, SHREDDED	4 lbs	2 gal 1/4 qts	4-1/3 lbs
TOMATOES, FRESH, CHOPPED	10 lbs	1 gal 2-1/4 qts	10-1/4 lbs
CHEESE, MONTEREY JACK	10 lbs	2 gal 5/8 qts	
SAUCE, SALSA	10-3/4 lbs	1 gal 1 qts	

Method

- 1 Spray a steam-jacketed kettle with vegetable spray. Saute onion until translucent. Add garlic, chili powder, and cumin. Cook until aroma is released.
- 2 Add drained beans and simmer for 20 minutes.
- 3 To assemble burritos, place a scoop of bean mixture down the center of the tortilla, add 2 tablespoons lettuce, 1 tablespoons tomato and 3 tablespoons grated Monterey jack cheese. To roll, turn the lower lip of the burrito up, and roll laterally.
- 4 Wrap each burrito in foil deli papers and place in a pan for service. CCP: Hold for service at 41 F. or lower.
- 5 Serve with 3 tablespoons salsa on the side.