

Black Bean Burrito Bowl

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield: **50 Servings** OR **100 Servings**

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Brown rice, instant, prepared	3 pounds 8 ounces		7 pounds	
Refried beans, canned, prepared OR Refried beans, dehydrated, prepared	OR 2 pounds 8 ounces	2 - #10 can	OR 5 pounds	4 - #10 cans
Taco seasoning, reduced sodium		$\frac{3}{4}$ cup		1 $\frac{1}{2}$ cups
Black beans, canned, drained, rinsed		2 - #10 cans		4 - #10 cans
Corn, frozen, tempered (thawed) OR Corn, canned, drained	9 pounds 4 ounces OR		18 pounds 8 ounces OR	
Salsa, canned		2 - #10 cans		4 - #10 cans
Corn tortilla chips, minimum 1-ounce equivalent grain, individual bags OR Corn tortilla chips, bulk	OR 3 pounds 2 ounces	50 each	OR 6 pounds 4 ounces	100 each
Optional Garnishes:				
Romaine lettuce, chopped, ready-to-use	2 pounds		4 pounds	
Tomatoes, diced, ready-to-use	3 pounds		6 pounds	
Onion, diced, ready-to-use	2 pounds		4 pounds	
Jalapenos, canned, sliced		1 - #10 can		2 - #10 cans

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Black Bean Burrito Bowl Continued

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Preparation

1. Prepare rice according to package. Fluff. Place in warmer until service.

*Recommended cooking method: Steam covered for approximately 15 minutes.

Alternative cooking methods:

a. Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes.

b. Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.

HACCP Critical Control Point: Hold at 135°F or higher.

2. Transfer refried beans to steamtable pans and steam for approximately 5-8 minutes, until warm. Place in warmer until service.

3. In a large bowl, combine the black beans, corn, and taco seasoning. Stir to combine and then transfer to steamtable pans and steam for approximately 10 minutes, until warm. Place in warmer until service.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Follow serving information below. The bowls can be prepared on the serving line or ahead of time.

*This dish can be served hot or cold depending on meal service capabilities.

Serving Information/Notes

1. In a bowl, portion 1/2 cup of brown rice.

2. On the rice, portion the following ingredients in separate areas, do not layer.

a. 3/4 cup taco seasoned black beans and corn

b. 1/4 cup refried beans

c. 1/4 cup salsa

Optional garnishes:

d. 2 tablespoons (1/8 cup) diced tomatoes

e. 1/4 cup chopped romaine

f. 2 tablespoons (1/8 cup) jalapeno slices

g. 2 tablespoons (1/8 cup) red onion

3. Serve with one-ounce portion of corn tortilla chips.

Each bowl provides 2 meat alternates, 2 ounces grain equivalent, 1/2 cup starchy vegetable, and 1/4 cup red orange vegetable. Each additional vegetable garnish provides 1/8 cup vegetable serving.

Nutrition Information *From USDA Nutrient Database

Calories: 517 Total Fat: 9g Saturated Fat: 1.3g Monounsaturated Fat: 3.7g Polyunsaturated Fat: 3.1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 93g Fiber: 15g Total Sugars: 10.5g Protein: 16g Sodium: 539mg Vitamin A: 97µg Vitamin C: 24mg Calcium: 123mg Iron: 5mg Folate: 128µg

