Breakfast Burrito with Salsa

| eat Alternate-Vegetable-Gra | ains/Breads | | | | Breakfast | |
|--|-----------------------|--------------------------------|--------------------------|---------------------------------|--|--|
| Ingredients | 50 Servings | | 100 |) Servings | Directions | |
| | Weight | Measure | Weight | Measure | | |
| Frozen whole eggs, thawed OR Fresh large eggs (see Special Tip) | 5 lb | 2 qt 1 ½ cups OR 45 each | 10 lb | 1 gal 2 ¾ cups OR 90 each | In a mixer, using the paddle attachment, blend eggs, corn, milk, green peppers, onions, tomatoes, prepared mustard, granulated garlic, hot pepper sauce, and salt. | |
| Frozen whole-kernel corn | 1 lb | 2 ¾ cups | 2 lb | 1 qt 1 ½ cups | | |
| Lowfat 1% milk | | ³∕₄ cup | | 1 ½ cups | | |
| *Fresh green peppers, diced OR | 8 oz | 1 ½ cups 2 Tbsp | 1 lb | 3 ¼ cups | | |
| Frozen green peppers | OR 14 oz | OR 2 ½ cups | OR 1 lb 12 oz | OR 1 qt 1 cup | | |
| *Fresh onions, diced OR Dehydrated onions | 14 oz OR 2 ½ oz | 2 ⅓ cups OR 1 ¼ cups | 1 lb 12 oz OR 5 oz | 1 qt ⅔ cup OR 2 ½ cups | | |
| *Fresh tomatoes, diced | 2 oz | 1/4 cup 1 Tbsp | 4 oz | 1/2 cup 2 Tbsp | | |
| Prepared yellow mustard | 2 oz | 1⁄4 cup | 4 oz | ½ cup | | |
| Granulated garlic | | 2 tsp | | 1 Tbsp 1 tsp | | |
| Hot pepper sauce | | 1 Tbsp | | 2 Tbsp | | |
| Salt | | 2 tsp | | 1 Tbsp 1 tsp | | |
| | | | | | 2. Pour 1 gal 2 cups of the above egg mixture into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. Cover with foil or metal lid. Bake: Conventional oven: 350° F for 60 minutes Convection oven: 325° F for 50 minutes Steamer: 30 minutes | |
| | | | | | CCP: Heat to 145° F or higher for 3 minutes. | |
| Reduced fat Cheddar cheese, shredded | 10 oz | 2 ½ cups | 1 lb 4 oz | 1 qt 1 cup | Sprinkle 5 oz (1 ¼ cups) cheese on top of each pan. Cut each pan 5 x 5 (25 portions per pan). | |
| Enriched flour tortillas, 8-inch (at least 1.5 oz each) | | 50 each | | 100 each | 4. Place one portion in center of each tortilla. Fold from bottom first, sides second, and top third, like an envelope. Place 25 tortillas flap side down into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. | |

Breakfast Burrito with Salsa

| Meat Alternate-Vegetable-Grains/Breads | | | | Breakfast | | | |
|---|-----------|---------------------------------|--|------------------------------|---------------|-------------------|---|
| | | | Heat: Compartment steamer: for 2-3 minutes. Conventional oven: 300° F for 3 minutes covered with a clean damp cloth. Convection oven: 300° F for 3 minutes covered with a clean damp cloth. | | | | |
| Canned salsa | 3 lb 5 oz | 1 qt 2 ¼ cups (½ No. 10 can) | 6 lb 10 oz | 3 qt ½ cup (1 No. 10 can) | | | |
| Comments: *See Marketing Guide. | | | Marketing (| Guide for S | elected Item | S | |
| See Marketing Guide. | | | Food as Purch | ased for | 50 Servings | 100 Servings | 5 |
| | | | Green peppers | | 10 oz | 1 lb 4 oz | |
| | | | Mature onions | | 1 lb | 2 lb | |
| | | | Tomatoes | | 3 oz | 6 oz | |
| SERVING: | | YIELD: | | | VOLUME: | | |
| 1 burrito provides 2 oz equ alternate, ¼ cup of vegeta grains/breads. | | 50 Servings | : about 9 lb (fillir | ng) | 50 Servings: | 2 steamtable pans | |
| | | 100 Serving | s: about 18 lb (filli | ng) | 100 Servings: | 4 steamtable pans | |
| | | Tested 2004 | | | | | |
| a | | | | | | | |

Special Tip:

1) For best results, cook egg filling in a steamer.

2) For 50 servings, use 1 lb 6 ¹/₂ oz (1 qt 3 ¹/₂ cups) dried whole eggs and 1 qt 3 ¹/₂ cups water in place of eggs. For 100 servings, use 2 lb 12 oz

(3 qt 3 cups) dried whole eggs and 3 qt 3 cups water in place of eggs.

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| Meat/Meat Alternate | e-Vegetable-Grains/Brea | | | | J-02 | | |
|---------------------|-------------------------|---------|---------------|--------|---------------|---------|--|
| Nu | trients Per Servir | Ig | | | | | |
| Са | lories | 258 | Saturated Fat | 2.91 g | Iron | 2.95 mg | |
| Pr | otein | 12.22 g | Cholesterol | 196 mg | Calcium | 143 mg | |
| Са | irbohydrate | 31.32 g | Vitamin A | 552 IU | Sodium | 564 mg | |
| То | otal Fat | 9.06 g | Vitamin C | 5.4 mg | Dietary Fiber | 2.3 g | |
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