



Title: Bean Burrito Bowl with Elote

Recipe Code No:

Category: Entrée

Cooking Process: #2 Same Day Service

96 Servings			Directions
Ingredients	Weight	Measure	
Beans, black, dry	8 lb		<ol style="list-style-type: none"> 1. Rinse beans in a colander under running water. Pick out any defective beans, rocks, or small debris. Transfer beans to a large bowl or container. Add water to cover beans by 2". Cover and place in refrigerator for 6 hours or overnight. Note: You may ask your Health Department for a variance to soak at room temperature. 2. On day of service, drain beans. 3. Weigh, then rinse onions under running water. Dice into ½" pieces. 4. Preheat a large stock pot or tilt skillet over medium heat. Add oil. Once oil is shimmering, add onions and sauté for about 5 minutes or until translucent. 5. Rinse garlic under running water. Mince garlic. 6. Add garlic and spices and sauté for about 30-60 seconds until fragrant. Add beans and cover with water by 2 inches and add bay leaf. 7. Bring beans to a simmer, and partially cover. Continue to simmer for about 1 hour or until tender. Stir occasionally. CCP: Cook to an internal temperature at or above 135° F. 8. Once beans are tender, add apple cider vinegar and remove from heat. 9. Transfer beans to steam table pans for service. CCP: No bare hand contact with ready to eat food.
Water		As needed	
Oil, canola		½ cup	
Onion, diced, EP		2 qt	
Garlic, cloves, minced		¼ cup	
Chili powder		2/3 cup	
Cumin		2/3 cup	
Oregano, dried leaves		3 Tbsp	
Paprika		3 Tbsp	
Salt		2 Tbsp	

96 Servings			Directions
Ingredients	Weight	Measure	
Bay leaf		2 each	<p>CCP: Hold and serve at or above 135° F.</p> <p>10. Prepare steamed brown rice and Elote according to recipes.</p> <p>11. Assemble burrito bowls on the line during service as follows:</p> <ul style="list-style-type: none"> • #8 scoop of brown rice • 4 oz perforated spoodle of beans • #16 scoop of Elote – see recipe • ½ oz shredded cheddar cheese portioned with 1 oz spoodle – may be pre-portioned • 1 oz tortilla chips for grades 9-12 (optional for grades K-8) <p>Note: Offer salsa cups on the side.</p> <p>CCP: No bare hand contact with ready to eat food.</p> <p>CCP: Hold and serve at or above 135° F.</p>
Vinegar, apple cider		2 Tbsp	
Rice, brown, steamed		48 cups	
Elote, school made (see recipe)		1 gal + 2 qt	
Cheese, cheddar, shredded	3 lb		
Chips, tortilla, WG	6 lb		

Title: Bean Burrito Bowl with Elote

Meal Components: 2 oz eq M/MA, ¼ cup starchy vegetable, and 1 oz eq WGR grain or 2 oz eq WGR grain if served with tortilla chips.

Notes:
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Marketing Guide Food as Purchased for	96 Servings
Onions, Mature, fresh, All sizes, Whole	2 lb 12 oz
Garlic, fresh	2.5 oz

Serving
1 bowl provides: Grades K-8: 1 oz eq WGR grain, 2 oz eq m/ma, ¼ cup starchy vegetable Grades 9-12: 2 oz eq WGR grain, 2 eq eq m/ma, ¼ cup starchy vegetable

Nutrients Per Serving

Calories	547	kcal	Sat Fat	5.5	g
Protein	18	g	Chol	22	mg
Carb	78	g	Sodium	430	mg
Total Fat	20	g	Dietary Fiber	11	g

Title: Elote

Recipe Code No:

Category: Vegetable

Cooking Process: #2 Same Day Service

108 Servings		
Ingredients	Weight	Measure
Corn, frozen	10 lb	
Cilantro, fresh, chopped		2 Tbsp
Mayonnaise		3 cups
Sour cream, low-fat		3 cups
Lime juice		1 Tbsp + 1 tsp
Parmesan, grated		1 Tbsp + 1 tsp
Chili powder		1 tsp
Paprika		½ tsp
Salt		1/8 tsp

Directions

- The day prior to service: Thaw frozen corn in the refrigerator overnight.
CCP: Hold at or below 41° F.
- Place 5 pounds of corn in each 2-inch full size perforated steam table pan. Steam for 5-6 minutes. Transfer to a large solid pan.
CCP: Cook to a minimum internal temperature at or above 135° F.
- Rinse cilantro under running water. Dry using disposable paper towel. Rough chop into small pieces. Hold refrigerated until ready to use.
CCP: Hold at or below 41° F.
- Combine mayonnaise, sour cream, lime juice, parmesan, chili powder, paprika, salt, and freshly chopped cilantro in a large mixing bowl or 4-inch deep full size steamtable pan.
- Add to corn, and using a spatula, gently fold to combine.
CCP: No bare hand contact with ready to eat food.
- Serve ¼ cup using a #16 scoop with bean burrito bowl.
CCP: No bare hand contact with ready to eat food.
CCP: Hold and serve at or above 135° F.

Title: Elote

Meal Components: ¼ cup starchy Vegetable

Notes:

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Marketing Guide **108 Servings**
Food as Purchased for

Serving

¼ cup provides ¼ cup starchy vegetable.

Nutrients Per Serving

Calories	88	kcal	Sat Fat	1	g
Protein	1.5	g	Chol	6	mg
Carb	8.5	g	Sodium	42	mg
Total Fat	6.5	g	Dietary Fiber	1	g