

# Breakfast Burrito with Salsa

Meat/Meat Alternate-Vegetable-Grains/Breads

Breakfast

J-02

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	10 lb	1 gal 2 ¾ cups	1. In a mixer, using the paddle attachment, blend eggs, corn, milk, green peppers, onions, tomatoes, prepared mustard, granulated garlic, hot pepper sauce, and salt.
		OR 45 each		OR 90 each	
Frozen whole-kernel corn	1 lb	2 ¾ cups	2 lb	1 qt 1 ½ cups	
Lowfat 1% milk		¾ cup		1 ½ cups	
*Fresh green peppers, diced OR Frozen green peppers	8 oz	1 ½ cups 2 Tbsp	1 lb	3 ¼ cups	
	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	2 ½ cups	1 lb 12 oz	1 qt ¾ cup	
	OR 2 ½ oz	OR 1 ¼ cups	OR 5 oz	OR 2 ½ cups	
*Fresh tomatoes, diced	2 oz	¼ cup 1 Tbsp	4 oz	½ cup 2 Tbsp	
Prepared yellow mustard	2 oz	¼ 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	3. 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.

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					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)	5. CCP: Hold for hot service at 135° F or higher. Serve each burrito with 2 Tbsp (1 oz) of salsa.

Comments:

\*See Marketing Guide.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
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 equivalent meat/meat alternate, ¼ cup of vegetable, and 1 ½ servings of grains/breads.	<b>50 Servings:</b> about 9 lb (filling)	<b>50 Servings:</b> 2 steamtable pans
	<b>100 Servings:</b> about 18 lb (filling)	<b>100 Servings:</b> 4 steamtable pans

Tested 2004

Special Tip:

- 1) For best results, cook egg filling in a steamer.
- 2) For 50 servings, use 1 lb 6 ½ oz (1 qt 3 ½ cups) dried whole eggs and 1 qt 3 ½ 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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## Nutrients Per Serving

<b>Calories</b>	258	<b>Saturated Fat</b>	2.91 g	<b>Iron</b>	2.95 mg
<b>Protein</b>	12.22 g	<b>Cholesterol</b>	196 mg	<b>Calcium</b>	143 mg
<b>Carbohydrate</b>	31.32 g	<b>Vitamin A</b>	552 IU	<b>Sodium</b>	564 mg
<b>Total Fat</b>	9.06 g	<b>Vitamin C</b>	5.4 mg	<b>Dietary Fiber</b>	2.3 g