



## Serving Size and Nutrients Per Serving

### SERVING SIZE:

K-12: 1 whole burrito

### ONE SERVING PROVIDES:

K-12: 2 oz M/MA + 3 G + ½ legume + ¼ red/orange V

### NUTRIENTS PER SERVING:

Calories 413, Protein 18 g, Carbohydrate 58 g, Total Fat 14 g, Saturated Fat 7 g, Cholesterol 0, Vitamin A 166 RE, Vitamin C 12 mg, Iron 2 mg, Calcium 187 mg, Sodium 932 mg\*, Dietary Fiber 4 g

*\*Reduced sodium tortillas, beef taco meat, and reduced sodium black beans decreases overall sodium content.*

Recipe developed for USA Rice Federation  
by Chef Cyndie Story, PhD, RD, CC

# Stuffed Beef Burritos

## INGREDIENTS

	50 SERVINGS		100 SERVINGS	
	WEIGHT	MEASURE	WEIGHT	MEASURE
Beef taco meat, thawed*	4 lb 11 oz	-	9 lb 6 oz	-
Brown rice, parboiled, uncooked	2 lb	2 qt 1 cup	4 lb	1 gal 2 cups
Water	-	2 qt 1 pint	-	1 gal 1 qt
Tortillas, whole wheat, 8-inch*	-	50 each	-	100 each
Black beans, drained, rinsed*	2 lb	½ No. 10 can	4 lb	1 No. 10 can
Mozzarella cheese, shredded	1 lb 9 oz	-	3 lb 2 oz	-
Picante sauce, prepared	-	25 oz	-	50 oz
Ranch dressing, prepared	-	25 oz	-	50 oz
Sour cream, reduced fat	3 lb 2 oz	-	6 lb 4 oz	-
Lettuce, shredded	3 lb 2 oz	-	6 lb 4 oz	-
Tomatoes, fresh, chopped	3 lb 2 oz	-	6 lb 4 oz	-

*\*Reduced sodium tortillas, beef taco meat, and reduced sodium black beans decreases overall sodium content.*

## DIRECTIONS

1. Thaw beef taco meat overnight in refrigerator. Steam the taco meat, keeping it in the bag, for approximately 20 minutes, or until the internal temperature reaches 165°F.
2. Prepare brown rice: Lightly coat full size 2-inch steam table pan with food release spray. For 50 servings use 1 pan. For 100 servings use 2 pans.
3. Add 2 lb of brown rice and 2 qt 1 pint water to the pan. Steam, uncovered, for approximately 25 minutes until rice is al dente. Critical Control Point: Heat to 165°F or higher for at least 15 seconds.
4. Hold at 135°F or higher until ready to prepare burritos.
5. Hold tortillas in warmer on a lined sheet pan until ready to use.
6. Combine black beans, cooked brown rice, beef taco meat, and shredded mozzarella cheese.
7. Prepare *special sauce* by combining the picante sauce and ranch dressing.
8. Place a warm tortilla on a flat surface. Using a No. 40 scoop or 1 oz ladle, spread 1 oz of the special sauce on tortilla.
9. Using a No. 8 scoop, place ½ cup of the beef, bean, rice and cheese mixture in the middle of the lower portion of the tortilla. Pull up the bottom of the tortillas and tuck it under the mixture. Fold in the sides and tightly roll the burrito.
10. Wrap the burrito in sandwich wrap foil or paper. Critical Control Point: Hold for service at 135°F or higher.
11. Using a No. 40 scoop, portion 1 oz of sour cream into container or on tray. Using a 3 oz spoodle, portion 1 oz of shredded lettuce into container or onto tray. Using a No. 16 scoop, portion 1 oz of tomatoes into container or onto tray.
12. Serve with 1 oz each of reduced fat sour cream, lettuce, and tomatoes.

Hungry for more recipes?  
[www.menurice.com/k-12](http://www.menurice.com/k-12)

