

Chicken Burrito - USDA Recipe D-120C for CACFP

Makes: 25 or 50 Servings



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Water		2 1/2 cups		1 qt 1 cup
Brown rice, long-grain, regular, dry	12 1/2 oz	1 3/4 cups	1 lb 9 oz	3 1/2 cups
*Fresh cilantro, finely diced		1/4 cup		1/2 cup
Frozen, cooked diced chicken, thawed, 1/2" pieces	1 lb 11 oz	1 qt 2 1/4 cups	3 lb 6 oz	3 qt 1 cup
Canned no-salt-added pinto beans, drained, rinsed	1 lb 10 oz	3 cups	3 lb 4 oz	1 qt 2 cups
Or *Dry pinto beans, cooked (See Notes Section)	1 lb 10 oz	3 cups	3 lb 4 oz	1 qt 2 cups
Low-fat cheddar cheese, shredded	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups
Ground oregano		1/2 tsp		1 tsp
Ground cumin		3/4 tsp		1 1/2 tsp
Canned low-sodium salsa	1 lb 13 oz	3 1/4 cups	3 lb 10 oz	1 qt 2 1/2 cups
Whole-grain tortillas, 8" (1.5 oz each)		25		50

Directions

1. Boil water.
2. Place brown rice in a steam table pan (12" x 10" x 2 1/2"). Pour boiling water over brown rice. Stir. Cover pan tightly. For 25 servings, use 1 pan. For 50 servings, use 1 pan.
3. Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes.
4. Remove cooked rice from oven and let stand covered for 5 minutes. Fold in cilantro. Set aside.
5. Combine chicken, beans, cheese, oregano, cumin, and salsa in a large bowl. Stir well. Yields: For 25 servings, about 3 qt (about 5 lb 12 oz). For 50 servings, about 1 gal 2 qt (11 lb 8 oz).
6. Assembly:
7. Using a No. 20 scoop (1/8 cup), spread rice on center of tortilla.
8. Using a No. 8 scoop (1/2 cup), place chicken mixture on top of rice.
9. Roll in the form of a burrito and seal.
10. Place burritos seam side down on steam table pan (12" x 20" x 2 1/2") lined with parchment paper. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
11. Cover and bake: Conventional oven: 350 °F for 10 minutes. Convection oven: 350 °F for 10 minutes.
12. Critical Control Point: Heat to 165 °F for at least 15 seconds.

13. Critical Control Point: Hold for hot service at 140 °F or higher.

14. Serve 1 burrito.

Notes

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

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 1 burrito provides:

Legume as Meat Alternate: 2 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, and 2 oz equivalent grains.

OR

Legume as Vegetable: 1 1/2 oz equivalent meat/meat alternate, 1/8 cup legume vegetable, 1/8 cup red/orange vegetable, and 2 oz equivalent grains.

CACFP Crediting Information: 1 burrito provides:

Legume as Meat Alternate: 2 oz meat/meat alternate, 1/8 cup vegetable, and 2 grains/bread.

OR

Legume as Vegetable: 1 1/2 oz meat/meat alternate, 1/4 cup vegetable, and 2 grains/bread.

How to Cook Dry Beans

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 41 °F or lower within 4 hours.

1 lb dry pinto beans = about 2 ⅔ cups dry or 5 ¼ cups cooked beans.

Nutrition Information

Nutrients	Amount	Meal Components
Calories	296	Vegetables
Total Fat	6 g	Red & Orange 1/8 cup
Saturated Fat	2 g	Beans & Peas 1/8 cup
Cholesterol	26 mg	Grains 2 ounces
Sodium	504 mg	Meat / Meat Alternate 1 1/2 ounces
Total Carbohydrate	42 g	
Dietary Fiber	4 g	
Total Sugars	3 g	
Added Sugars included	N/A	
Protein	19 g	
Vitamin D	2 IU	
Calcium	173 mg	
Iron	4 mg	
Potassium	283 mg	
N/A - data is not available		

[For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.](#)