

Colorado Breakfast Burrito

Recipe:	R-1695	HACCP Process:	Complex Food Preparation	
# of Servings:	90.00	Serving Size:	1 Breakfast Burrito	Source: Weld C SD 6
Grams Per Serving:	128.558	Ounces per Serving:	4.34	Meal Components: 1.5 oz. eq. meat/meat alternate, 1.75 oz. eq. whole grain-rich

Ingredients	Measurements	Directions
USDA Frozen Liquid Egg Material #100045	4 LB + 4 OZ	<p>1. 3 days prior to day of service: Pull eggs and chorizo crumbles from freezer. Open egg cases and remove cartons from case. Open chorizo crumbles and remove pouches from case. Place egg cartons on sheet pans with space between to allow for thawing. Place pouches of chorizo crumbles on sheet pan in single layer. Place pans of eggs and chorizo crumbles on lowest available shelf in cooler to thaw. Wash hands thoroughly.</p> <p>CCP: Hold below 41°F</p>
TURKEY CHORIZO SAUSAGE CRUMBLES	3 LB + 5 OZ	
Traditional Mission Hearty Grains™ Ultra, 8"	90 TORTILLA	<p>2. 1 day prior to day of service: Pre-Prep: Pull tortillas from freezer. Open cases and place tortilla packages on sheet pans in single layer. Place on shelves or rack in cooler to thaw. Wash hands thoroughly.</p> <p>CCP: Hold below 41°F</p>
Fresh Red Skin Potatoes, Baked	3 LB + 4 OZ	<p>3. Day of Service: Pre-Prep: Clean and sanitize work station. Pull potatoes from storage and place at produce washing sink. Wash potatoes thoroughly in continual, cold running water until all dirt is removed. Wash hands thoroughly. Dice potatoes using 14 mm dice kit in large food processor or dice by hand. Place in container with cold water to prevent browning.</p>
Ranch Salad dressing, Dry Mix	2 TBSP	
Olive Oil	2 TBSP	
Salsa Verde, Ready to Serve	1 QUART + 2 CUP	
USDA Shredded Cheddar Cheese, R/F, Material #100012	2 LB	
Pan Spray	2 OZ	
		<p>4. Prep: pull oil and ranch dressing mix and place at workstation. Drain potatoes of water thoroughly and shake free of any excess moisture. In large mixing bowl toss the potatoes with oil. Add the ranch seasoning mix and toss again until the potato wedges are evenly coated. Spray sheet pan thoroughly with pan spray. Place seasoned potatoes on sheet pans, spread evenly and do not over crowd.</p> <p>CCP: Prepare foods at room temperature in two hours or less.</p>
		<p>5. Bake: Baked seasoned potatoes at 425°F and they have reached 140°F internal temperature.</p> <p>CCP: Heat until an internal temperature is reached of 140°F for 15 seconds</p>

6. Prep: pull eggs from cooler and place at workstation. Spray tilt skillet generously with pan spray and heat to 300°F. Add eggs and stir constantly, cooking until 165°F is reached.

CCP: Heat until an internal temperature is reached of 165°F for 15 seconds

7. Hold: hold eggs and potatoes in warmer above 135°F.

CCP: Hold above 135°F

8. Prep: pull turkey chorizo crumbles, shredded cheese, whole grain rich tortillas and salsa Verde and place at workstation. Pull 3 full sheet pans and spray well with pan spray. Pull large bowl and place at workstation. Wash hands thoroughly and put on gloves. Place diced potatoes, eggs, cheese, chorizo crumbles and salsa Verde in large bowl. Fold all together, gently mixing together. Using 1 #12 disher, place 1/3 cup of egg mix in center. Roll burritos and place on sheet pan, 30 burritos per pan.

9. Bake: Bake burritos uncovered in convection over, pre-heated to 350°F for 25 - 30 minutes or until an internal temperature of 165°F is reached.

CCP: Reheat until an internal temperature is reached of 165°F for 15 seconds

CCP: Batch cook as necessary to insure best end product and nutritional.

10 Hold: Hold breakfast burritos in warmer above 135°F.

CCP: Hold above 135°F

11. Serve: 1 breakfast burrito. Each breakfast burrito provides 1.5 oz. eq. meat/meat alternate and 1.75 oz. eq. whole grain-rich.

CCP: Hold above 135°F

Notes:

Production Notes: This recipe was adapted from Weld County School District 6 in Greeley Colorado. The original recipes are for a central kitchen and are available upon request. This recipe uses salsa Verde, a commercially available ingredient instead of the wonderful scratch Vegetarian Colorado Green Chili. The chili recipe is available upon request. According to the Food Buying Guide, 1 LB. of liquid eggs provides 18 - 1 oz. eq. meat/meat alternates and 1 oz. of cheese provides 1 oz. eq. meat/meat alternatives. According to the manufacturer, 2.29 oz. of turkey chorizo crumbles provides 2 oz. eq. meat/meat alternative. According to the manufacturer, 1 whole grain-rich tortilla provides 1.75 oz. eq. whole grain-rich.

Serving Notes: Each breakfast burrito provides 1.5 oz. eq. meat/meat alternative and 1.75 oz. eq. whole grain-rich. Each serving weighs 128.558 grams or 4.34 ounces.

Nutrients Per Serving:		(per 1 Burrito)			
Calories	260.392	Trans Fat (gm)	0.000*	Iron (mg)	2.413
Protein (gm)	12.890	Chol (mg)	109.197	Calc (mg)	200.919
Carb (gm)	29.136	Vit A (IU)	468.822	Sodium (mg)	486.871
Tot Fat (gm)	10.005	Vit C (mg)	3.881	Fiber (gm)	2.807
Sat Fat (gm)	3.520			Sugars (gm)	2.654*

Note: * means nutrient data is missing or not available.

Meal Components:		(per 1 Burrito)				
		----- Vegetables (Cups) -----				
Fruit (Cups)	Dark Green	Red/Orange	Beans/Peas	Starchy	Other	
Whole Grain- Rich (Oz. Eq.)	1.750	Enriched Grain (Oz. Eq.)	Meat/Alt (Oz. Eq.)	1.500	Fluid Milk (Cups)	

Allergens:

Milk, Eggs, Wheat, Soybeans