## Recipe Name: Beef Sausage Breakfast Burrito Recipe No: Kansas Beef Council Food Based Standardized Recipe Form

Ingredients	100 Servings		<u>50</u> Servings		Directions			
	Weight	Measure	Weight	Measure				
Raw ground beef (80% lean)	12 lb		6 lb		Combine beef, garlic powder, onion powder, sage and crushed red pepper in large bowl,			
Garlic powder		½ cup		1/4 cup	mixing lightly, but thoroughly. Brown beef,			
Onion powder		½ cup		1/4 cup	breaking into 1/2-inch crumbles and stirring occasionally until internal temperature reaches 160°F.* Drain beef. Remove from heat; add onions and peppers, and salsa. *			
Rubbed sage		¼ cup		2 Tbsp				
Crushed red pepper, (optional)		2 Tbsp		1 Tbsp				
Frozen sliced or diced onions and peppers	32 oz		16 oz		Portion 1/3 cup beef mixture (#12 scoop), 1/4 – cup scrambled eggs (#24 scoop) and 1			
Salsa	24 oz		12 oz		<ul> <li>tablespoon cheese evenly across center of each tortilla, leaving 1-inch border on right and</li> </ul>			
10-inch whole-grain flour tortillas (2-1/2 oz each)		100		50	left edges. Fold right and left edges of tortilla over filling. Fold bottom edge up over filling			
Raw Liquid eggs, scrambled	8 lb		4 lb		and roll up. Wrap burrito in foil or parchment paper. Place burritos in hotel pan.			
Shredded Mexican cheese blend		8 cups		4 cups	Preheat oven to 375°F. Bake burritos for 10 12 minutes until cheese is melted and burrito are heated through.			
					Serve hot.			
					CCP: Heat to 160°F or higher for 15 seconds. CCP: Hold hot for service at 135°F or higher.			
					CCP: Hold at 41°F or below for cold service.			
					– Serving size: 1 burrito			
					Components: 2.25 oz eq M/MA; 2.5 oz eq Grains			

	HACCP Process: 2 * Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground beef doneness.
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Provides:	Yield: 50 servings:	Serving Size: 169.0 gm (Weight or Volume
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100 servings:

Serving Size: 169.0 gm (Weight or Volume)

## **Nutrients per Serving**

Calories	359	Dietary Fiber	6.5 gm	Vitamin B12	1.9 mcg
Protein	24.0 gm	Total Sugar (not added sugar)	4.4 gm	Iron	3.3 mg
Carbohydrate	33.0 gm	Cholesterol	41.0 mg	Vitamin B6	0.2 mg
Fat	14.9 gm	Sodium	632.0 mg	Selenium	9.6 mcg
Saturated Fat	5.9 gm	Zinc	3.0 mg	Phosphorus	129.0 mg

A serving of this recipe is an excellent source of protein, dietary fiber, riboflavin, vitamin B12, and zinc and a good source of niacin, vitamin B6, iron, selenium, and phosphorus.