Recipe Name: Beef Sausage Breakfast Burrito

## **Recipe Source: Kansas Beef Council**

## **Food Based Standardized Recipe Form**

Ingredients	100 Servings		<u>50</u> Servings		Directions		
	Weight	Measure	Weight	Measure			
Raw ground beef (80%	12 lb		6 lb		Combine beef, garlic powder, onion powder		
lean)		1/ 2/12		1/ 0.00	sage and crushed red pepper in large bow		
Garlic powder		½ cup		1/4 cup	mixing lightly, but thoroughly. Brown beef breaking into 1/2-inch crumbles and stirrir		
Onion powder		½ cup		½ cup	occasionally until internal temperature rea		
Rubbed sage		½ cup		2 Tbsp	160°F.* Drain beef. Remove from heat; ac		
Crushed red pepper, (optional)		2 Tbsp		1 Tbsp	onions and peppers, and salsa. *		
Frozen sliced or diced onions and peppers	32 oz		16 oz		Portion 1/3 cup beef mixture (#12 scoop), 1, cup scrambled eggs (#24 scoop) and 1 tablespoon cheese evenly across center of		
Salsa	24 oz		12 oz				
10-inch whole-grain flour tortillas (2-1/2 oz each)		100		50	each tortilla, leaving 1-inch border on right left edges. Fold right and left edges of tor over filling. Fold bottom edge up over filling.		
Raw Liquid eggs, scrambled	8 lb		4 lb		and roll up. Wrap burrito in foil or parchme paper. Place burritos in hotel pan.  Preheat oven to 375°F. Bake burritos for 12 minutes until cheese is melted and bur are heated through.		
Shredded Mexican cheese blend		8 cups		4 cups			
					Serve hot.		
					CCP: Heat to 160°F or higher for 15 secon CCP: Hold hot for service at 135°F or high		
					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

**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.

For more information contact: NY Beef Council 315-339-6922/www.nybeef.org