

Recipe Name: Beef Sausage Breakfast Burrito

Recipe Source: Kansas Beef Council

## Food Based Standardized Recipe Form

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (80% lean)	3 lb		6 lb		Combine beef, garlic powder, onion powder, sage and crushed red pepper in large bowl, mixing lightly, but thoroughly. Brown beef, 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. *
Garlic powder		2 Tbsp		¼ cup	
Onion powder		2 Tbsp		¼ cup	
Rubbed sage		1 Tbsp		2 Tbsp	
Crushed red pepper, (optional)		½ Tbsp		1 Tbsp	
Frozen sliced or diced onions and peppers	8 oz		16 oz		Portion 1/3 cup beef mixture (#12 scoop), 1/4 cup scrambled eggs (#24 scoop) and 1 tablespoon cheese evenly across center of each tortilla, leaving 1-inch border on right and left edges. Fold right and left edges of tortilla over filling. Fold bottom edge up over filling and roll up. Wrap burrito in foil or parchment paper. Place burritos in hotel pan.
Salsa	6 oz		12 oz		
10-inch whole-grain flour tortillas (2-1/2 oz each)		25		50	<p>Preheat oven to 375°F. Bake burritos for 10 to 12 minutes until cheese is melted and burritos are heated through.</p> <p>Serve hot.</p> <p>CCP: Heat to 160°F or higher for 15 seconds. CCP: Hold hot for service at 135°F or higher.</p> <p>CCP: Hold at 41°F or below for cold service.</p> <p>Serving size: 1 burrito</p> <p>Components: 2.25 oz eq M/MA; 2.5 oz eq Grains</p>
Raw Liquid eggs, scrambled	2 lb		4 lb		
Shredded Mexican cheese blend		1 pint		1 quart	

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.

**Provides:**                    **Yield:** **25 servings:**                    **Serving Size:** **169.0 gm** (*Weight or Volume*)  
    **50 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.