

Beef Burrito Bowl

Adapted from: [The Lunch Box, Boulder Valley School District Food Service](#)

Yield: 100

Serving Size: ½ cup meat, 1 cup rice, ½ cup black bean and corn salsa

USDA Meal Components: 3.5 ounce meat/meat alternate, ⅛ cup legume/beans/peas vegetable subgroup, ¼ cup starchy vegetable subgroup, 2 ounce equivalent whole grain-rich

Ingredients:

- 9 pounds Corn, frozen
- 1 pound Red Onion
- 3 pounds Red Pepper
- 14 ounces Cilantro
- 17 pounds Black Beans
- 1 Tbsp Salt, Kosher
- 1 pint Lime Juice
- ½ cup Oil, Olive Canola Blend
- 1 cup White Wine Vinegar
- 14 pounds Brown Rice
- 2 gallons Water
- 39 pounds Beef, Chuck Roast
- 2 Tbsp Salt, Kosher
- 2 Tbsp Black Pepper
- 3 ounces Chipotle Peppers
- 8 Tbsp Lime Juice
- 1 pound Chile Peppers, Diced
- 4 pounds Green Chili Sauce

Directions:

PREPARATION BLACK BEAN AND CORN SALAD

1. Defrost corn.
2. Drain black beans.
3. Dice onions and peppers.
4. Chop cilantro.
5. Mix together corn, beans, onion, peppers, cilantro.
6. In separate bowl whisk together vinegar, lime juice, olive oil, salt, and pepper.
7. Combine all ingredients and set aside for later use.

RICE PREPARATION

8. Ratio - 1 part rice to 1 part water.
9. Place rice and water in bowl of rice cooker.
10. Stir well. Cover with lid.
11. Turn on rice cooker.
12. Do not lift lid until rice cooker indicates that the rice is ready. Alternatively, combine rice and water in hotel pans and cook in steamer until tender, 20-30 minutes.

BEEF PREPARATION

13. Trim all silver skin off of beef, season with salt and pepper and sear in tilt skillet on all sides.
14. Puree peppers and thaw green chili sauce.
15. Add water until it is halfway up the sides of the meat. Will need to add water throughout the cooking process to make sure the water level stays the same.
16. Cook for 3 hours or until it falls apart.
17. Shred beef and place in cooking liquid overnight to cool.
18. Drain the liquid, add chipotles (pureed), lime juice, green chilies and green chili sauce (thawed). Can add some cooking liquid back in if it is too dry.
19. Season with more salt if needed.
20. 1 pan = 10 lbs or 5 quarts = 40 servings.

Notes:

Serve ½ cup of beef mixture over 1 cup of brown rice and with 1/2 cup or 2.8 ounce weight of the Black Beans and Corn Salsa

Nutrition Facts

100 Servings Per Recipe	Amount Per Serving
Serving Size	½ cup beef, 1 cup rice, ½ cup salsa
Calories	576.94
Total Fat	9.59 g
Saturated Fat	2.70 g
Cholesterol	71.11 mg
Sodium	785.56 mg
Total Carbohydrate	80.81 g
Dietary Fiber	8.16 g
Protein	40.35 g

Filed Under: School