

Spectacular Sweet Potato Burrito

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Tortilla, whole grain rich, 2 grain equivalents		50 each		100 each
Sweet potatoes, peeled, diced OR Sweet potatoes, frozen, cubed	7 lbs. 12 oz. OR 5 lbs. 8 oz.		15 lbs. 8 oz. OR 11 lbs.	
Onions, fresh, diced	2 lbs. 12 oz. OR	1 ½ quarts + ¼ cup	5 lbs. 8 oz. OR	¾ gallon + ½ cup
Green peppers, frozen, diced	2 lbs. 4 oz.		4 lbs. 8 oz.	
Garlic, granulated		¼ cup		½ cup
Vegetable broth		¼ cup		½ cup
Pinto beans, canned, drained, rinsed		1 ½-#10 cans OR ¾ gallon + 1 cup		3-#10 cans OR 1 ½ gallons + 1 cup
Black beans, canned, drained, rinsed		2-#10 cans OR ¾ gallon + ½ cup		4-#10 cans OR 1 ½ gallons + 1 cup
Salsa, canned (divided)		3-#10 cans OR 1 ½ gallons + 1 cup (25 cups total)		6-#10 cans OR 3 gallons + 1 pint (50 cups total)
Chili powder		⅓ cup + 1 ¼ Tbsp.		¾ cup + ½ Tbsp.
Cumin		1 Tbsp.		2 Tbsp.
Prepared rice		3 quarts + ½ cup (12 ½ cups total)		1 ½ gallons + 1 cup (25 cups total)

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Preheat oven to 350 degrees Fahrenheit and spread cubed sweet potatoes on sheet pans in one even layer.
2. Bake sweet potatoes for 15-20 minutes, until soft. Remove from oven.
3. While the sweet potatoes are baking, sweat the onions, green peppers and garlic with the vegetable broth in steamer or tilt skillet until onions are translucent.
4. Add the black beans, pinto beans, half of the salsa, chili powder, cumin, and baked sweet potatoes to the onion mixture. Mix thoroughly and allow the mixture to simmer or steam for another 10-15 minutes.
5. To assemble: Lay tortillas on parchment paper on work surface. Spread ¾ cup of bean filling in the center of each tortilla. If desired, add ¼ cup prepared rice on top of filling. Fold each end in and roll to seal. Wrap with foil or appropriate single serving paper.
6. Serve with ¼ cup of salsa on the side.



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Continued

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HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Each burrito provides 2 meat/meat alternates, 2.25 ounce equivalent grains, ½ cup red/orange vegetable and ¼ cup other vegetable.

Nutrition Information per burrito *From USDA Nutrient Database

Calories: 395 Total Fat: 5g Saturated Fat: 2g Monounsaturated Fat: 1g Polyunsaturated Fat: 1g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 77g Fiber: 16g Total Sugar: 14g Protein: 15g Sodium: 695mg Vitamin A:
1001µg Vitamin C: 39mg Calcium: 220mg Iron: 4mg Folate: 101µg

