

BREAKFAST TOTCHOS TO-GO



32 Servings			
Ingredients	Weight	Measure	Directions
Tater tots, reduced sodium, frozen	5 pounds		Preheat the oven to 400°F. Place frozen tater tots on a perforated sheet pan and hold in the freezer until just before baking. Use a speed rack to hold full pans of tater tots in the freezer.
Tortillas, 6-inch, whole grain rich		32 each	Wrap whole grain flour tortillas in plastic wrap or foil and place in a warmer to soften.
Whole eggs, liquid	3 pounds 8 ounces		Spray a 2-inch full-size steamtable pans with pan-release spray. In a large container combine the liquid whole eggs and ground black pepper. Whisk until well combined. Pour the eggs into the prepared pan. Bake the eggs in a preheated 350°F oven for 20 minutes, stirring after 15 minutes. Or steam the eggs in a steamer for about 3-5 minutes (depending on the steamer). CCP: Heat to 145°F for 3 minutes.
Black pepper, ground		1 teaspoon	
Pinto beans, low sodium, canned, with liquid		1 #10 can	Remove the cooked eggs and stir to break into curds. Hold in the warmer until ready to assemble the burritos. CCP: Hold hot at 135°F or above.
Cumin, ground		2 teaspoons	Place the pinto beans with their liquid in a saucepan or a steam kettle. Stir in the ground cumin, cayenne pepper, and garlic powder. Bring the beans to a low boil, reduce to a simmer and cook, uncovered, until the bean liquid has thickened slightly, about 15 minutes. CCP: Heat to 135°F or above for 15 seconds. Transfer seasoned beans into a 4-inch half-size steamtable pan. Hold hot until service. CCP: Hold hot at 135°F or above.
Cayenne pepper		1/2 teaspoon	
Garlic powder		1/2 teaspoon	Bake the frozen tater tots in the preheated 400°F oven for about 15 minutes, or until they are browned and crisp on the outside. CCP: Heat to 135°F for 15 seconds. Transfer tater tots into 2-inch full-size steamtable pans. Hold hot until service. CCP: Hold hot at 135°F or above.
Cheddar cheese, reduced fat, shredded	8 ounces		
Tomato salsa		1 quart	Bowl assembly: Set up the line with the serving containers, tortillas, tater tots, scrambled eggs, seasoned pinto beans, and cheese. In each serving container place: 1 8-inch tortilla to create the bowl and fill with 8 tater tots (1/2 cup), 1/4 cup scrambled eggs (#16 scoop), 1/4 cup seasoned pinto beans (2 ounce perforated spoodle), and top with 1 tablespoon shredded cheddar cheese. Offer 1-ounce portion cups of prepared tomato salsa on the side.

Serving Size	1 Serving Provides				
1 bowl	1 ounce equivalent grains, 2 ounces meat/meat alternate, 1/2 cup starchy vegetables, 1/4 cup beans/peas				
Nutrients Per Serving					
Calories	304	Saturated Fat	3 g	Iron	2 mg
Protein	13 g	Cholesterol	190 mg	Calcium	90 mg
Carbohydrate	35 g	Vitamin A	478 IU	Sodium	459 mg
Total Fat	12 g	Vitamin C	1 mg	Dietary Fiber	5 g