

Southwest Chicken Breakfast Burrito

Gold Kist® Dark Meat Chicken Sausage (6390) in a whole grain tortilla with eggs, black beans and salsa will add spice to your students' mornings.



YIELD

50 servings

MENU FIT/DAYPART

Breakfast, Lunch

COMPONENTS

2oz eq M/MA

1 ounce grain

1/2 cup vegetable (1/8 cup red/orange + 1/8 cup other + 1/4 cup beans/legumes)

DIFFICULTY

Easier

ALLERGENS

dairy, eggs

INGREDIENTS AND PREPARATION

50 servings (1.37 oz each) Gold Kist Dark Meat Chicken Sausage (6390)

25 eggs (fresh, dried, frozen, liquid)

1 tablespoon cumin

1 teaspoon ground black pepper

2.7 pounds onion, diced

2.4 pounds red bell pepper, diced

1.8 #10 cans black beans, drained and rinsed (about 22.5 cups)

3 cups shredded Monterey Jack cheese

For topping and serving: salsa, lite sour cream, diced tomatoes, hot sauce

1. Preheat conventional oven to 350°F or convection oven to 400 ° F. Arrange chicken pieces in a single layer on an ungreased baking pan. Bake for 15 minutes in a conventional oven or 8 minutes in a convection oven or until product reaches 165° F. Dice and keep warm.
2. Heat a large skillet over medium-high heat. Cook the diced onions and peppers until softened and slightly charred. Add black beans and cook until warmed through. Stir in diced sausage. Keep warm.
3. Spray another skillet with non-stick cooking spray, cook the eggs with the cumin and black pepper over low heat until cooked through.
4. Prepare burritos: Lay each tortilla flat on a work surface. Top each tortilla with diced sausage and scrambled eggs, 1/2 cup onion and pepper mixture and 1/2 ounce shredded cheese. Roll up burrito style. Serve with optional toppings.

Serving Suggestions: Serve with diced pineapple and milk for breakfast. For lunch serve with roasted potatoes, diced pineapple and milk. Serve the burritos whole, sliced in half, or in foil to keep warm for grab n' go.



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