

Rock and Roll Beef Wraps

Main Dish

Lunch

Recipe #

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Ground beef (80% lean)	8-1/2 pounds		17 pounds		<p>1. Brown ground beef, breaking into 1/2-inch crumbles and stirring occasionally until internal temperature is 160°F*. Remove drippings.</p> <p><i>*Cooking instructions 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.</i></p> <p>2. Stir in water, quinoa, dry ranch mix and pepper. Bring to a boil; reduce heat. Cook, covered, until quinoa is tender, stirring occasionally. (Not all liquid will be absorbed.)</p>
Water		3 quarts		6 quarts	
Uncooked quinoa		1 quart		2 quarts	
Dry ranch dressing mix		1/2 cup		1 cup	
Black pepper		1 tablespoon		2 tablespoons	
Packaged cabbage coleslaw or broccoli slaw	4 pounds		8 pounds		<p>3. Add slaw; increase heat to medium. Cook, uncovered, until slaw is crisp-tender, stirring occasionally.</p> <p>CCP: Heat to 165°F for 15 seconds.</p> <p>CCP: Hold hot for service at 135°F for up to 2 hours.</p>
<p>For Service: Large whole wheat or spinach tortillas (10 to 13 inch diameter)</p> <p>*Other serving suggestions (see Notes)</p>		25 each		50 each	<p>4. Portion 1-1/2 cups (three #8 scoops) beef mixture onto 1 large tortilla. Add toppings, as desired. Fold over sides of tortilla and roll-up to enclose filling. Cut wrap diagonally in half for two servings.</p>
<p>Toppings (optional): Sliced or chopped red apples, sliced or chopped red bell peppers, sliced or chopped cucumbers, sliced toasted almonds, chow mein noodles</p>		As needed		As needed	

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Notes:

- Wraps can also be prepared using small whole wheat or spinach tortillas (6 to 7 inch diameter). Portion 3/4 cups (three #16 scoops) beef mixture onto 1 small tortilla per serving. Add toppings, as desired. Roll-up.
- Wraps can also be prepared using Romaine lettuce leaves. Divide 3/4 cup (three #16 scoops) beef mixture between 2 small lettuce leaves per serving. Add toppings, as desired. Roll-up.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings

1 Serving Provides:

Meat/Meat Alternates – 2 ounces

Vegetables – 1/2 cup (dark green)

Grains – 3-1/2 ounces (2 ounces cooked quinoa, 1-1/2 ounces tortilla)

Volume:

50 Servings: 2-1/2 gallons

100 Servings: 5 gallons

Nutrients Per Serving* (3/4 cup beef mixture, 1/2 of 10-inch tortilla, 1/8 cup apple slices)

Calories 319

Protein 21 g

Carbohydrate 29 g

Total Fat 12 g

Saturated Fat 4 g

Cholesterol 51 g

Vitamin A 10 IU

Vitamin C 29 mg

Iron 3 mg

Calcium 88 mg

Sodium 688 mg

Dietary Fiber 5 g

*Nutritional analysis calculated using Nutrikids® Menu Planning version 14.0.



Funded by the Beef Checkoff.