

Barbacoa Mollette

Category	Entree
Total Portions	30
Portion Size(s)	1 each
Meal Components	2 oz eq M/MA, 2 oz eq grain, ¼ cup legume, ⅛ cup other vegetable



INGREDIENTS

Beef Birria, cooked, shredded
 Refried beans, low-sodium, canned (USDA or Commercial)
 Iceberg lettuce, fresh, head
 Pepper jack cheese, shredded (USDA or Commercial)
 Cheddar cheese, reduced fat, shredded
 Whole grain-rich hamburger bun or split roll (at least 2 oz eq grain each)
 Salsa, tomato, low-sodium, canned (USDA or Commercial)

WEIGHT

6 lb 10 oz

1 lb 6 oz

7 1/2 oz

7 1/2 oz

MEASURE

1 qt 3 1/2 cups
(5/8 #10 can)

30 each

3 3/4 cups

DIRECTIONS

1. Cook and prepare beef according to recipe. **CCP: Heat to 165°F or higher for 15 seconds. Hold at 140°F or higher.**
2. Place in a half steamtable pan and cover. Place in the steamer and cook for 10 minutes. Remove from steamer and stir. Steam until internal temperature reaches 140°F. **CCP: Heat to 140°F or higher for 15 seconds. Hold at 140°F or higher.**
3. Shred lettuce. Makes 1 qt 3 1/2 cups. **CCP: Hold at 41°F or lower.**
4. In a small bowl, mix pepper jack cheese and cheddar cheese. **CCP: Hold at 41°F or lower.**
5. Preheat oven to 325°F.
6. Place buns on a sheet pan with the outside of the tops and bottoms of the buns facing down.
7. Top each half bun with 2 Tbsp (#30 scoop) refried beans, spread evenly. Sprinkle with 1/2 oz (1 oz spoodle) cheese blend.
8. Place in the oven for 3 minutes. Rotate pans in the oven and cook for 3 more minutes or until cheese is melted.
9. Top each bun half with 1/4 cup (#16 scoop or 2 fl oz spoodle - about 1.75 oz weight each scoop) beef birria.
10. Top each bun half with 2 Tbsp (1 fl oz spoodle or #30 scoop) lettuce and 2 Tbsp (1 fl oz spoodle or #30 scoop) salsa each. Serve two bun halves.

Nutrients Per One Serving (K-12)

Calories	595	kcal
Total Fat	27	g
Sat Fat	10	g
Trans Fat	0	g
Cholesterol	135	mg
Sodium	460	mg
Total Carbohydrate	44	g
Total Dietary Fiber	7	g
Sugars	5	g
Added Sugars	0	g
Protein	44	g
Vitamin A	940	IU
Vitamin C	8	mg
Calcium	65	mg
Iron	5	mg



Funded by the Beef Checkoff