

# Barbacoa Mollette

|                 |  |
|-----------------|--|
| Category        | Entree   |
| Total Portions  | 60   |
| 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

13 lb 4 oz

2 lb 12 oz

15 oz

15 oz

## MEASURE

3 qts 3 cups  
 (1 1/4 #10 can)

60 each

1 qt 3 1/2 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