

PORTLAND BURRITO PROJECT COOKBOOK

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INGREDIENTS

To Yield ~ 100 burritos

- 10lbs of dried pinto beans
- 10lbs of white long grain rice
- 24 bell peppers (mixed green, yellow, red)
- 1 6oz bag of corn
- 4 garlic cloves
- 1 can of tomato puree
- 1 can of diced tomatoes and green chiles
- 6 Chicken Bouillon Cubes/ Canned chicken broth (~6 tablespoons)
- 1 onion, chopped
- 1 big jar of salsa
- 1 big bag of cheese
- 100 restaurant-style tortillas
- ~1/2 cup taco seasoning
- salt and pepper



PART I ***COOKING BEANS***

Wash the beans thoroughly (Beware of small rocks that are sometimes found in large bags of beans). Place the beans in a pot and fill with about 3 inches of water. Soak beans overnight, or for about 10 hours.



When ready to cook, place beans in pot(s) (may need 2) and cover beans with water again. Add broken up garlic cloves and generously sprinkle black pepper.

Bring the beans to boil for about 15 minutes, then reduce heat to very low heat.

Cover the pot with a lid and let them simmer for next 5 hours. Check water level periodically to make sure you're not boiling off too much water. Add salt for the last hour of cooking.



Once the beans are done cooking, drain the water over the sink. Try to keep about 1/4 of the water before mashing. Too much water will give you watery beans, too little and they'll be dry.

Mash the beans, adding more water as necessary.

PART 2

COOKING RICE

Pre-heat oven to 325°.

Place 5lbs of rice in two separate containers (we use foil containers from Dollar Tree). Cover rice with 2-3 inches of water.



Mix the rice with tomatoe puree, diced tomatoes, green chiles, yellow corn, chicken bouillon, and 1/4 of the chopped onions.

Put the rice mixture in the oven and cook for 4 hours, adding water as necessary to keep the mixture hydrated. Turning ove the rice a few times can also help.



PART 3

VEGGIES & TORTILLAS

Chop all the bell peppers into small cubes.

Place them in large pot with about 3 inches of water on the bottom. Add the taco seasoning and cook on low heat for 45 minutes (this will steam them and make'em soft and tasty).



Warming up Tortillas

Warm up the tortillas: In stacks of 10, wrap the tortillas in a slightly-moistened paper towel and microwave for 3 minutes.

PART 4 BURRITO ASSEMBLY

Lay wax paper on top of small pieces of foil (pre-cut foil and wax from Costco are ~8 inch squares). Place a tortilla on the wax, then add 3/4 serving spoon scoop, 3/4 serving spoon scoop of rice, 1/2 scoop of veggies, sprinkle cheese, salsa, and warp all together.

