

Profit Potential		
Food Cost	Menu Price	Profit
\$2.10	\$4.99	\$2.89

# Seafood Burritos



Item Description	Amount	Cost
Trident Seafoods Seafest Blue Crab Shred Style	3 oz	\$0.70
Roth Kase Shredded Monterey Jack Cheese	3 oz	\$0.11
Mission 10" Flour Tortillas	1 each	\$0.18
McCormick Dried Oregano	1 tbs	\$0.07
Fresherized Roasted Salsa	3 oz	\$0.20
Sevillo Slow Roasted Red Tomatoes	2 oz	\$0.10
C&F Black Beans, Cooked	3 oz	\$0.69
McCormick Garlic Powder	1 tsp	\$0.05

*Saute onion in oil until tender. Add crab meat , beans, tomatoes, green chilies and seasonings. Cook and stir until thoroughly heated. Remove from heat and stir in cheese. Wrap tortillas in foil and heat at 350F 10 to 15 minutes or until warm. Wrap 1/2 cup seafood mixture in each tortilla. Serve each burrito with 2 ounces salsa or garnish as desired (sour cream, olives, etc.)*

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