

Beef or Pork Taco

Meal Components: Vegetable, Grains, Meat / Meat Alternate

Main Dishes, D-24

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	3 lb 3 oz		6 lb 6 oz		<ol style="list-style-type: none"> 1. Brown ground beef or pork. Drain. Continue immediately. 2. Add onions, granulated garlic, pepper, tomato paste, water, and seasonings. Blend well. Bring to boil. Reduce heat and simmer for 25-30 minutes. Stir periodically. CCP: Heat to 155 ° F for at least 15 seconds.
*Fresh onions, chopped	2 1/2 oz	1/4 cup 3 Tbsp	5 oz	3/4 cup 2 Tbsp	
OR		OR	OR	OR	
Dehydrated onions		1/4 cup	1 oz	1/2 cup	
Granulated garlic		2 1/4 tsp		1 Tbsp 1/2 tsp	
Ground black or white pepper		1 tsp		2 tsp	
Canned tomato paste	7 oz	3/4 cup 1 1/2 tsp (1/4 No. 2-1/2 can)	14 oz	1 1/2 cups 1 Tbsp (1/2 No. 2-1/2 can)	
Water		2 cups		1 qt	

Ground cumin		2 1/4 tsp		1 Tbsp 1 1/2 tsp	
Paprika		3/4 tsp		1 1/2 tsp	
Onion powder		3/4 tsp		1 1/2 tsp	
					3. CCP: Hold for hot service at 135° F or higher.
Reduced fat cheddar cheese, shredded	13 oz	3 1/4 cups	1 lb 10 oz	1 qt 2 1/2 cups	4. Topping: Reserve cheese for step 5. Combine tomatoes and lettuce. Toss lightly and reserve for step 5.
*Fresh tomatoes, chopped	10 1/2 oz	1 1/4 cups 3 Tbsp	1 lb 5 oz	2 3/4 cups 2 Tbsp	
*Fresh lettuce, shredded	1 lb 3 1/2 oz	2 qt 1 cup	2 lb 7 oz	1 gal 2 cups	
Enriched taco shells (at least 0.45 oz each)		50 each		100 each	5. Portion is 2 tacos.

Notes

Serving suggestions:

A. Before serving, fill each taco shell with a No. 30 scoop (2 Tbsp) meat mixture. On each plate serve 2 tacos, No. 10 scoop (? cup) lettuce and tomato mixture, and ½ oz (2 Tbsp) shredded cheese.

OR

B1. Pre-portion No. 10 scoop (? cup) lettuce- tomato mixture and ½ oz (2 Tbsp) shredded cheese into individual soufflé cups. Refrigerate until service.

B2. Transfer meat mixture and taco shells to steamtable pans or place on tables. For each child, serve 2 unfilled taco shells, 2 No. 30 scoops (¼ cup ½ tsp) meat mixture, 1 pre-portioned soufflé cup of lettuce-tomato mixture, and 1 pre-portioned soufflé cup of shredded cheese. Instruct children to "build" their own tacos.

* See Marketing Guide

Marketing Guide

Food as Purchased for	25 Servings	25 Servings
Mature onions	3 oz	6 oz
Tomatoes	12 oz	1 lb 8 oz
Head lettuce	1 lb 10 oz	3 lb 4 oz

Serving	Yield	Volume
2 tacos provide the equivalent of 2 oz of cooked lean meat, ½ cup of vegetable, and the equivalent of 1 slice of bread.	25 Servings: about 3 lb 10 oz (filling) about 7 lb 13 oz 50 Servings: about 7 lb 4 oz (filling) about 15 lb 10 oz	25 Servings: 1 quart 2 ? cups (filling) 50 tacos 50 Servings: 3 quarts 1 ? cups (filling) 100 tacos

Nutrients Per Serving

Calories	299	Saturated Fat	5.8 g	Iron	2.43 mg
Protein	18.26 g	Cholesterol	46 mg	Calcium	200 mg
Carbohydrate	20.36 g	Vitamin A	600	Sodium	254 mg
Total Fat	16.36 g		unknown	Dietary Fiber	3 g
		Vitamin C	8.2 mg		