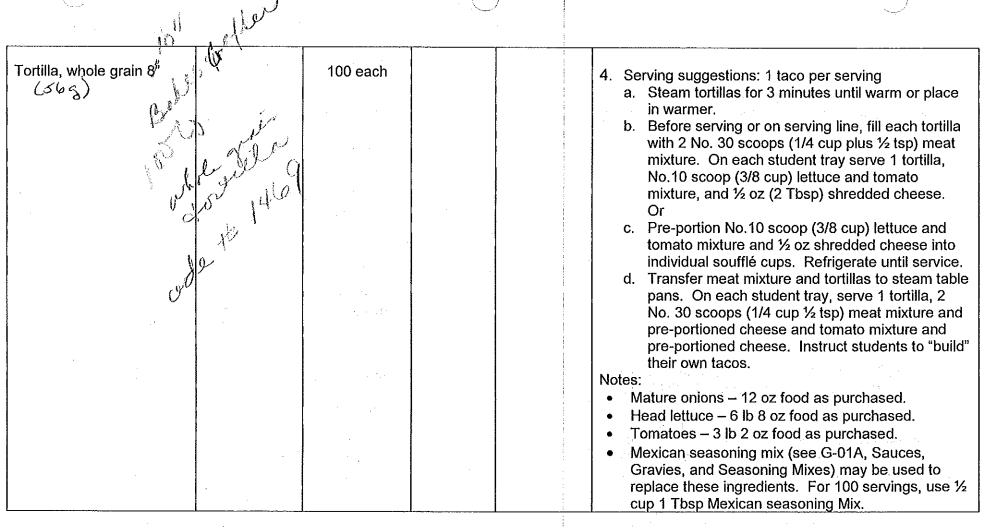
## Beef Taco on Whole Grain Tortilla

Main Dish

## **HACCP Process Category 2**

Iowa Gold Star Recipe

Ingredients	100 Servings		Servings		Directions		
	Weight	Measure	Weight	Measure	Directions		
Raw ground beef (no more than 15% fat)	12 15 12 0z	6-8:9-	12 · · · · · · · · · · · · · · · · · · ·		1. Brown ground beef. Drain. Continue immediately.		
Fresh onions, chopped Or Dehydrated onions Granulated garlic Ground black or white pepper	10 oz <i>Or</i> 2 oz	1 ¾ cup Or 1 cup 3 Tbsp 1 Tbsp 1 tsp			<ol> <li>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.</li> <li>CCP: Heat to 155°F for at least 15 seconds. CCP: Hold for hot service at 135°F or higher.</li> </ol>		
Canned tomato paste, low sodium	1 lb 12 oz	3 cup 2 Tbsp (1/4 No.10 can)					
Water		2 qt					
Seasonings: Chili powder Ground cumin Paprika Onion powder		½ cup 3 Tbsp 1 Tbsp 1 Tbsp					
Cheddar cheese, reduced fat, shredded	3 lb 4 oz	3 qt 1 cup			3. For topping: set cheese aside for step 4. Combine lettuce and tomatoes. Toss lightly. Set mixture aside for step 4.		
Fresh lettuce, shredded	4 lb 14 oz	2 gal 1 qt			asiue ioi step 4.		
Tomatoes, fresh, chopped	2 lb 10 oz	1 qt 1 ¾ cup					



Serving Size	1 Serving Provides	Yield		
1 taco 6.8 + 9	2 oz equivalent meat/meat alternate, ½ c	About 14 lb 8 oz (filling); about 31 lb 4 oz		
Ket 1 500 mil	of vegetable and <del>1-serving-</del> of-	1 1/2 gallons 2 2/3 cups (filling)		
N3 11302 WY	of vegetable and 1-serving-of- grains/breads: 2 • 2 • 6 rains	100 tacos		
Nutrients Per Servina	(568)			

Nutrients Per Serving					;
Calories	290	Vitamin A	560 IU	Iron	2.8 mg
Protein	19 g	Vitamin C	7.2 mg	Calcium	180 mg
Carbohydrate	24 g	Fiber	4.0 g	Cholesterol	42 mg
Fat	12 g	% Fat	37 %	Sodium	480 mg
Saturated Fat	4.5 g	% Saturated Fat	14 %		!