

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	
Don Lee Farms Beef Crumbles CRS 15% Raw ground beef (no more than 15%-fat)	9.4 lb K-5 12 lb 12 oz	12 1/2 lbs 8; 9-12			<ol style="list-style-type: none"> 1. Brown ground beef. 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. CCP: Hold for hot service at 135°F or higher.
Fresh onions, chopped Or Dehydrated onions	10 oz Or 2 oz	1 3/4 cup Or 1 cup			
Granulated garlic		3 Tbsp			
Ground black or white pepper		1 Tbsp 1 tsp			
Canned tomato paste, low sodium	1 lb 12 oz	3 cup 2 Tbsp (1/4 No.10 can)			
Water		2 qt			
Seasonings:					
Chili powder		1/4 cup			
Ground cumin		3 Tbsp			
Paprika		1 Tbsp			
Onion powder		1 Tbsp			
Cheddar cheese, reduced fat, shredded	3 lb 4 oz	3 qt 1 cup			<ol style="list-style-type: none"> 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			
Tomatoes, fresh, chopped	2 lb 10 oz	1 qt 1 3/4 cup			

Tortilla, whole grain 8" (56g) <i>Bob's 10515 whole grain tortilla code # 1469</i>		100 each			<p>4. Serving suggestions: 1 taco per serving</p> <ol style="list-style-type: none"> Steam tortillas for 3 minutes until warm or place in warmer. Before serving or on serving line, fill each tortilla with 2 No. 30 scoops (1/4 cup plus 1/2 tsp) meat mixture. On each student tray serve 1 tortilla, No.10 scoop (3/8 cup) lettuce and tomato mixture, and 1/2 oz (2 Tbsp) shredded cheese. Or Pre-portion No.10 scoop (3/8 cup) lettuce and tomato mixture and 1/2 oz shredded cheese into individual soufflé cups. Refrigerate until service. Transfer meat mixture and tortillas to steam table pans. On each student tray, serve 1 tortilla, 2 No. 30 scoops (1/4 cup 1/2 tsp) meat mixture and pre-portioned cheese and tomato mixture and pre-portioned cheese. Instruct students to "build" their own tacos. <p>Notes:</p> <ul style="list-style-type: none"> Mature onions – 12 oz food as purchased. Head lettuce – 6 lb 8 oz food as purchased. Tomatoes – 3 lb 2 oz food as purchased. Mexican seasoning mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 100 servings, use 1/2 cup 1 Tbsp Mexican seasoning Mix.
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Serving Size	1 Serving Provides	Yield
1 taco <i>6-8 + 9-12</i> <i>K-5 + 1.5 oz mt/mt</i>	2 oz equivalent meat/meat alternate, 1/2 c of vegetable and 1 serving of grains/breads: <i>2 oz eq. grains (56g)</i>	About 14 lb 8 oz (filling); about 31 lb 4 oz 1 1/2 gallons 2 2/3 cups (filling) 100 tacos

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 %		