

Beef or Pork Taco

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-24

| Ingredients | 25 Servings | | 50 Servings | | Directions |
|---|------------------------------|----------------------------------|------------------------------|------------------------------------|---|
| | Weight | Measure | Weight | Measure | |
| Raw ground beef (no more the 20% fat) OR Raw ground pork (no more than 20%) | 3 lb 3 oz OR 3 lb 3 oz | | 6 lb 6 oz OR 6 lb 6 oz | | 1. Brown ground beef or pork. Drain. Continue immediately. |
| *Fresh onions, chopped OR Dehydrated onions | 2 ½ oz | ¼ cup 3 Tbsp OR ¼ cup | 5 oz OR 1 oz | ¾ cup 2 Tbsp OR ½ cup | |
| | | | | | 2. Add onions, granulated garlic, pepper, tomato paste, water, chili powder, cumin, paprika, and onion powder. Blend well. Bring to boil. Reduce heat and simmer for 25-30 minutes. |
| | | | | | CCP: Heat to 160° F or higher. |
| Granulated garlic | | 2 ¼ tsp | | 1 Tbsp ½ tsp | |
| Ground black or white pepper | | 1 tsp | | 2 tsp | |
| Canned tomato paste | 7 oz | ¾ cup 1 ½ tsp (¼ No. 2-½ can) | 14 oz | 1 ½ cups 1 Tbsp (½ No. 2-½ can) | |
| Water | | 2 cups | | 1 qt | |
| Chili powder | | 1 Tbsp | | 2 Tbsp | |
| Ground cumin | | 2 ¼ tsp | | 1 Tbsp 1 ½ tsp | |
| Paprika | | ¾ tsp | | 1 ½ tsp | |
| Onion powder | | ¾ tsp | | 1 ½ tsp | |
| | | | | | 3. CCP: Hold for hot service at 140° F or warmer. |
| Reduced fat Cheddar cheese, shredded | 13 oz | 3 ¼ cups | 1 lb 10 oz | 1 qt 2 ½ cups | 4. Topping: Reserve cheese for step 5. Combine tomatoes and lettuce. Toss lightly and reserve for step 5. |
| *Fresh tomatoes, chopped | 10 ½ oz | 1 ¼ cups 3 Tbsp | 1 lb 5 oz | 2 ¾ cups 2 Tbsp | |
| *Fresh lettuce, shredded | 1 lb 3 ½ oz | 2 qt 1 cup | 2 lb 7 oz | 1 gal 2 cups | |

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|---|----------------|-----------------|---|
| <p>Enriched taco shells (at least 0.45 oz each)</p> | <p>50 each</p> | <p>100 each</p> | <p>5. Portion is 2 tacos.</p> <p>Serving suggestions:</p> <p>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 ($\frac{3}{8}$ cup) lettuce and tomato mixture, and $\frac{1}{2}$ oz (2 Tbsp) shredded cheese.</p> <p>OR</p> <p>B1. Pre-portion No. 10 scoop ($\frac{3}{8}$ cup) lettuce-tomato mixture and $\frac{1}{2}$ oz (2 Tbsp) shredded cheese into individual soufflé cups. Refrigerate until service.</p> <p>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 ($\frac{1}{4}$ cup $\frac{1}{2}$ 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.</p> |
|---|----------------|-----------------|---|

* See Marketing Guide

Marketing Guide for Selected Items

| Food as Purchased for | 25 Servings | 50 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: |
|---|--|---|
| <p>2 tacos provide the equivalent of 2 oz of cooked lean meat, $\frac{1}{2}$ cup of vegetable, and the equivalent of 1 slice of bread.</p> | <p>25 Servings: about 3 lb 10 oz (filling) about 7 lb 13 oz</p> <p>50 Servings: about 7 lb 4 oz (filling) about 15 lb 10 oz</p> <p>Tested 2004</p> | <p>25 Servings: 1 quart 2 $\frac{3}{8}$ cups (filling) 50 tacos</p> <p>50 Servings: 3 quarts 1 $\frac{1}{2}$ cups (filling) 100 tacos</p> |

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Nutrients Per Serving

| | | | | | |
|---------------------|---------|----------------------|--------|----------------------|---------|
| Calories | 299 | Saturated Fat | 5.80 g | Iron | 2.43 mg |
| Protein | 18.26 g | Cholesterol | 46 mg | Calcium | 200 mg |
| Carbohydrate | 20.36 g | Vitamin A | 600 IU | Sodium | 254 mg |
| Total Fat | 16.36 g | Vitamin C | 8.2 mg | Dietary Fiber | 3.0 g |