

# Mexicali Taco Boat

Meat/Meat Alternate-Red Orange Vegetable

Main Dishes

25 Servings

50 Servings

## Directions 25-50

**Process:** #1 No Cook, #2 Same Day Service, #3 Complex Food Preparation

Ingredients: Indicate fresh, frozen, canned, drained, packed in water, juice, dried, dehydrated, cooked. Describe: peeled, sliced, chopped, diced, grated, minced, and size.	Weight Lbs+ oz	Measure Largest unit	Weight	Measure	Include Critical Control Point, pan sizes, Scoop size  #2 Same Day Service <b>DIRECTIONS</b>
Chili powder		1/4 cup		1/2 cup	1. Combine spices in a small bowl. Set aside.
Ground cumin		1/4 cup		1/2 cup	
Garlic powder		2 tsp		1 Tbsp 1 tsp tsp	
Onion powder		2 tsp		1 Tbsp 1 tsp tsp	
Crushed red pepper		1 tsp		2 tsp	
Ground black pepper		2 tsp		1 Tbsp 1 tsp tsp	
Raw ground beef (no more than 15% fat)	5 lb	2 qt 2 cups	10 lb	1 gal 1 qt 20 lb	2. Brown ground beef uncovered over medium high heat in a large stock pot.  3. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.  4. Drain beef. Return beef back to stock pot.
Low-sodium salsa	1 lb	2 cups	2 lb	1 qt	5. Add spices and salsa to cooked beef. Simmer uncovered over low heat for 5 minutes.  6. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.  7. Critical Control Point: Hold for hot service at 140 °F.
Frozen sweet potato fries, straight	5 lb	3 qt 1/2 cup	10 lb	1 gal 2 qt 1 cup	8. Spread sweet potato fries evenly on a sheet pan (18" x

cut					<p>26" x 1") lined with parchment paper and lightly coated with pan release spray.  For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p> <p>9. Bake:  Conventional oven: 425 °F for 15-20 minutes.  Convection oven: 425 °F for 12-15 minutes.</p> <p>10. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p> <p>11. Critical Control Point: Hold for hot service at 140 °F.</p>
*Fresh diced tomatoes, 1/4"	11 oz	1 1/2 cups	1 lb 6 oz	3 cups	12. Assembly: First layer: About 16 fries (3 oz) in the bottom of a paper boat or bowl. Second layer: 3 oz of beef mixture on top of fries.
Low-fat cheddar cheese, shredded	3 oz	3/4 cup	6 oz	1 1/2 cups	13. Top each taco boat with: 1 tablespoon of tomatoes, 1 teaspoon of cheese, and 1/2 teaspoon of cilantro (optional).
Fresh cilantro, chopped (optional)		1/4 cup		1/2 cup	14. Serve 1 taco boat.

## Marketing Guide for Selected Items

	Food as Purchased for	25 Servings	50 Servings
Tomatoes		12 3/4 oz	1 lb 9 1/2 oz

### Notes:

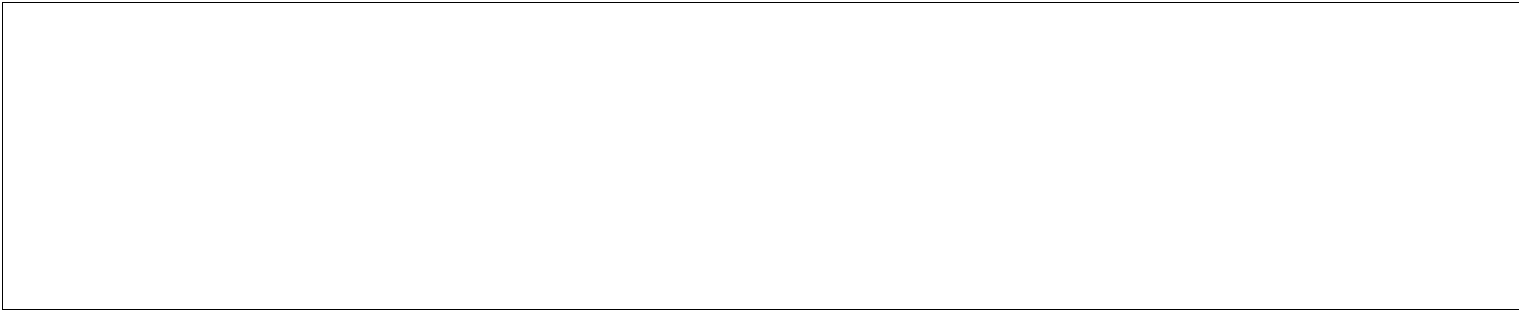
\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking process #2: Same Day Service

### Serving

NSLP/SBP Crediting Information: 1 Taco Boat provides: 2 ½ oz equivalent meat/meat alternate and ¾ cup red/orange vegetable.

CACFP Crediting Information: 1 Taco Boat provides: 2 ½ oz meat/meat alternate and ¾ cup vegetable.



Serving:	Yield: (not to exceed 27, 54)	Volume:
NSLP/SBP Crediting Information: 1 Taco Boat provides: 2 ½ oz equivalent meat/meat alternate and ¾ cup red/orange vegetable.	<b>25 Servings</b> about 9 lb 8 oz (beef mixture)	about 1 gallon 2 1/2 cups (beef mixture) / 25 taco boats
CACFP Crediting Information: 1 Taco Boat provides: 2 ½ oz meat/meat alternate and ¾ cup vegetable.	<b>50 Servings</b> about 19 lb 8 oz (beef mixture)	about 2 gallons 1 quart 1 cup (beef mixture) / 50 taco boats

Nutrient % Daily Value		Minerals		Vitamins	
Total Calories	346	Calcium	67.18 mg	Vitamin A	3869.08 IU
Protein	19.18 g	Potassium	551.68 mg	Vitamin B6	0.3 mg
Carbohydrates	31.24 g	Sodium	282.46 mg	Vitamin B12	1.93 mcg
Dietary Fiber	4.23 g	Copper	0.08 mg	Vitamin C	9.05 mg
Total Sugars	8.61 g	Iron	3.61 mg	Vitamin D	4.93 IU
Total Fat	14.51 g	Magnesium	19.65 mg	Vitamin E	0.88 mg AT
Saturated Fat	3.82 g	Phosphorus	169.06 mg	Vitamin K	3.56 mcg
Monounsaturated Fat	4.23 g	Selenium	14.67 mcg	Folate	8.4 mcg
Polyunsaturated Fat	0.43 g	Zinc	4.38 mg	Thiamin	0.04 mg
Linoleic Acid	0.37 g			Riboflavin	0.14 mg
$\alpha$ -Linolenic Acid	0.06 g			Niacin	4.17 mg
Cholesterol	59.23 mg			Choline	56.2 mg