

Taco Soup

Meat/Meat Alternate-Beans/Peas Vegetable-
Red/Orange Vegetable-Additional Vegetable

Soups

25 Servings

50 Servings

Directions 25-50

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

Ingredients: <small>Indicate fresh, frozen, canned, drained, packed in water, juice, dried, dehydrated, cooked. Describe: peeled, sliced, chopped, diced, grated, minced, and size.</small>	Weight Lbs+ oz	Measure Largest unit	Weight	Measure	Include Critical Control Point, pan sizes, Scoop size #2 Same Day Service DIRECTIONS
Raw ground beef (no more than 15% fat)	2 lb 2 oz	1 qt	4 lb 4 oz	2 qt	1. Brown ground beef uncovered over medium high heat in a large stock pot.
Chili powder		1/4 cup		1/2 cup	2. Add spices. Stir well.
Ground cumin		1/4 cup 1 Tbsp		1/2 cup 2 Tbsp	
Garlic powder		2 Tbsp		1/4 cup	
Onion powder		2 tsp		1 Tbsp 1 tsp	
Crushed red pepper		1 tsp		2 tsp	
Ground black pepper		2 tsp		1 Tbsp 1 tsp	3. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. 4. Remove beef mixture and set aside for step 7.
*Fresh onions, diced	1 lb 2 oz	3 1/4 cups	2 lb 4 oz	1 qt 2 1/2 cups	5. Using the same pot, cook onions uncovered over medium heat for 5-7 minutes or until soft. Reduce heat to low.
Water		1 qt		2 qt	6. Add water, ranch dressing mix, crushed tomatoes, salsa, corn, and beans. Stir well. Simmer uncovered over low heat for 2 minutes.
Ranch dressing, dry powdered mix	1 oz	1/4 cup	2 oz	1/2 cup	
Canned no-salt-added crushed tomatoes	3 lb 3 oz	1 qt 2 1/2 cups (1/2 No. 10 can)	6 lb 6 oz	3 qt 1 cup (1 No. 10 can)	

Canned low-sodium salsa	1 lb	2 cups	2 lb	1 qt	
Canned no-salt-added corn, drained	1 lb	2 1/2 cups (1/4 No. 10 can)	2 lb	1 qt 1 cup (1/2 No. 10 can)	
Canned no-salt-added kidney beans, drained, rinsed	3 lb 8 oz	2 qt 1 1/4 cup (1 No. 10 can)	7 lb	1 gal 2 1/2 cups (2 No. 10 cans)	
Or *Dry kidney beans, cooked (See Notes Section)	3 lb 8 oz	2 qt 1 1/4 cup	7 lb	1 gal 2 1/2 cups	<p>7. Add seasoned beef and stir. Simmer uncovered for an additional 15-20 minutes.</p> <p>8. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p> <p>9. Transfer to a steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p> <p>10. Serve immediately or cover and place in a warmer until ready for service.</p> <p>11. Critical Control Point: Hold for hot service at 140 °F or higher.</p> <p>12. Portion with 8 fl oz spoodle (1 cup).</p>

Marketing Guide for Selected Items

	Food as Purchased for	25 Servings	50 Servings
Mature onions		1 lb 5 oz	2 lb 10 oz
Dry kidney beans		1 lb 8 oz	3 lb

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 cup (8 fl oz spoodle) provides: Legume as Meat Alternate: 2 oz equivalent meat/meat alternate, ¼ cup red/orange vegetable, and ¼ cup additional vegetable.

Legume as Vegetable: 1 oz equivalent meat/meat alternate, ¼ cup legume vegetable, ¼ cup red/orange vegetable, and ¼ cup additional vegetable.

CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides: Legume as Meat Alternate: 2 oz meat/meat alternate and ½ cup vegetable.

Legume as Vegetable: 1 oz meat/meat alternate and $\frac{3}{4}$ cup vegetable.

How to Cook Dry Beans

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 $\frac{3}{4}$ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 $\frac{3}{4}$ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1 $\frac{3}{4}$ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 140 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

1 lb dry kidney beans = about 2 $\frac{1}{2}$ cups dry or 6 $\frac{1}{4}$ cups cooked beans.

Serving:	Yield: (not to exceed 27, 54)	Volume:
<p>NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides: Legume as Meat Alternate: 2 oz equivalent meat/meat alternate, ¼ cup red/orange vegetable, and ¼ cup additional vegetable.</p> <p>Legume as Vegetable: 1 oz equivalent meat/meat alternate, ¼ cup legume vegetable, ¼ cup red/orange vegetable, and ¼ cup additional vegetable.</p>	<p>25 Servings about 13 lb</p>	<p>about 1 gallon 2 quarts 2 cups / 1 steam table pan (12" x 20" x 2 1/2")</p>
<p>CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides: Legume as Meat Alternate: 2 oz meat/meat alternate and ½ cup vegetable.</p> <p>Legume as Vegetable: 1 oz meat/meat alternate and ¾ cup vegetable.</p>	<p>50 Servings about 26 lb</p>	<p>about 3 gallons 1 quart / 2 steam table pans (12" x 20" x 2 1/2")</p>

Nutrient		% Daily Value		Minerals		Vitamins	
Total Calories	235.29	Calcium	86.47 mg	Vitamin A	207.56 IU		
Protein	15.23 g	Potassium	417.95 mg	Vitamin B6	0.17 mg		
Carbohydrates	25.94 g	Sodium	284.9 mg	Vitamin B12	0.81 mcg		
Dietary Fiber	7.39 g	Copper	0.24 mg	Vitamin C	2.62 mg		
Total Sugars	3.75 g	Iron	3.21 mg	Vitamin D	2.02 IU		
Total Fat	5.57 g	Magnesium	36.19 mg	Vitamin E	0.26 mg AT		
Saturated Fat	1.92 g	Phosphorus	166.02 mg	Vitamin K	0.83 mcg		
Monounsaturated Fat	2 g	Selenium	7.72 mcg	Folate	30.59 mcg		
Polyunsaturated Fat	0.44 g	Zinc	2.56 mg	Thiamin	0.07 mg		
Linoleic Acid	0.33			Riboflavin	0.07 mg		
α-Linolenic Acid	0.11			Niacin	2.37 mg		
Cholesterol	26.02 mg			Choline	32.05 mg		