

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>
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* 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 $1 \frac{1}{8}$ 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