

Bean Taco

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-24A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned pinto beans, drained OR *Dry pinto beans, cooked (see preparation note)	4 lb 3 ½ oz OR 4 lb 3 ½ oz	2 qt 1 ½ cups (1 No. 10 can) OR 2 qt 1 ¼ cups	8 lb 7 oz OR 8 lb 7 oz	1 gal 3 cups (2 No. 10 cans) OR 1 gal 2 ½ cups	<ol style="list-style-type: none"> In a stockpot, cover beans with water and heat. Drain beans. Puree beans to a smooth consistency. Add onions, granulated garlic, pepper, tomato paste, water, chili powder, cumin, paprika, and onion powder to beans. Blend well. Bring to boil. Reduce heat and simmer for 25-30 minutes. CCP: Hold for hot service at 140° F or warmer. Topping: Reserve cheese for step 6. Combine tomatoes and lettuce. Toss lightly and reserve for step 6.
*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	
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	
Reduced fat Cheddar cheese, shredded	13 ½ oz	3 ⅜ cups	1 lb 11 oz	1 qt 2 ¾ cups	
*Fresh tomatoes, diced	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 1 qt	

Bean Taco

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-24A

Enriched taco shells (at least 0.45 oz each)	50 each	100 each	<p>6. Portion is 2 tacos.</p> <p>Serving suggestions:</p> <p>A. Before serving, fill each taco shell with No. 20 scoop (about 3 Tbsp) bean mixture. On each plate, serve 2 tacos, No. 10 scoop ($\frac{3}{8}$ cup) lettuce and tomato mixture, and No. 30 scoop (2 Tbsp) shredded cheese. OR</p> <p>B1. Pre-portion No. 10 scoop ($\frac{3}{8}$ cup) lettuce-tomato mixture and No. 30 scoop (2 Tbsp) shredded cheese into individual soufflé cups. Refrigerate until service.</p> <p>B2. Transfer bean mixture and taco shells to steamtable pans or place on tables. For each child, serve 2 unfilled taco shells, No. 10 scoop ($\frac{3}{8}$ cup) bean mixture, with pre portioned lettuce and tomato mixture, and pre portioned 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
Pinto beans, dry	1 lb 13 oz	3 lb 10 oz
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:
2 tacos provides the equivalent of 2 oz of cooked lean meat, $\frac{1}{2}$ cup of vegetable, and the equivalent of 1 slice of bread.	<p>25 Servings: 5 lb 9 $\frac{1}{2}$ oz (filling) about 9 lb 13 oz</p> <p>50 Servings: 11 lb 3 oz (filling) about 19 lb 10 oz</p>	<p>25 Servings: 2 quarts 2 cups (filling) 50 tacos</p> <p>50 Servings: 1 gallon 1 quart (filling) 100 tacos</p>
<p>Edited 2014, Edited 2007</p>		

Bean Taco

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-24A

PREPARATION NOTE: SOAKING BEANS

Overnight method: Add 1 $\frac{3}{4}$ qt cold water to each pound of dry beans. Cover and refrigerate overnight.

Quick-soak method: Boil 1 $\frac{3}{4}$ qt water for each pound of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

COOKING BEANS

Once the beans have been soaked and drained, add 1 $\frac{3}{4}$ qt water and $\frac{1}{2}$ tsp salt to each pound of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately or,
CCP: Hold for hot service at 135° F or higher.

OR

Chill for later use. If chilling:
CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans=about 2 $\frac{3}{8}$ cups dry or 5 $\frac{1}{4}$ cups cooked pinto beans.

Nutrients Per Serving					
Calories	251	Saturated Fat	2.75 g	Iron	2.67 mg
Protein	11.52 g	Cholesterol	9 mg	Calcium	231 mg
Carbohydrate	32.11 g	Vitamin A	605 IU	Sodium	540 mg
Total Fat	9.41 g	Vitamin C	8.6 mg	Dietary Fiber	5.7 g