

Taco Salad

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	3 lb 3 oz		6 lb 6 oz		1. Brown ground beef. Drain. Continue immediately. 2. Add onions, salt, granulated garlic, pepper, tomato paste, water, Chili powder, cumin, paprika, and onion powder. Blend well. Bring to boil. Reduce heat. Simmer for 25-30 minutes. CCP: Heat to 160° F or higher. CCP: Hold for hot service at 140° F or warmer.
*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	
Salt		1 Tbsp		2 Tbsp	
Granulated garlic		2 ¼ tsp		1 Tbsp 1 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 ½ cups		1 qt 1 cup	
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	
*Fresh lettuce, shredded	2 lb	1 gal	4 lb	2 gal	3. Combine lettuce and tomatoes. Toss lightly. Refrigerate until ready to serve.
*Fresh tomatoes, diced, chilled	14 ½ oz	2 cups	1 lb 13 oz	1 qt	
Enriched taco shell pieces OR Enriched tostada shells (at least 0.9 oz each)	1 lb 6 ½ oz OR 1 lb 6 ½ oz	3 qt 1 cup OR 25 each	2 lb 13 oz OR 2 lb 13 oz	1 gal 2 ½ qt OR 50 each	
Reduced fat Cheddar cheese, shredded	13 oz	3 ¼ cups	1 lb 10 oz	1 qt 2 ½ cups	

Taco Salad

4. Portion is 1 salad.

Serving suggestions:

A. Assemble each salad as follows, or in preferred order:

1st layer: at least 0.9 oz (approximately ½ cup) taco shell pieces or 1 tostada shell

2nd layer: 1 ¾ oz (approximately ¾ cup) lettuce and tomato mixture

3rd layer: No. 12 scoop (⅓ cup) meat mixture

4th layer: ½ oz (2 Tbsp) shredded cheese

OR

B. (1) Preportion 1 ¾ oz (approximately ¾ cup) lettuce and tomato mixture and ½ oz (2 Tbsp) shredded cheese into individual soufflé cups. Refrigerate until ready to serve.

(2) Transfer meat mixture and taco shell pieces or tostada shells into pans. Serve at least 0.9 oz (approximately ½ cup) taco shell pieces or 1 tostada shell. Top with No. 12 scoop (⅓ cup) meat mixture. Add 1 preportioned soufflé cup of lettuce and tomato mixture and 1 preportioned soufflé cup of shredded cheese. Instruct children how to "build" their own taco salad.

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	3 oz	6 oz
Head lettuce	2 lb 11 oz	5 lb 6 oz
Tomatoes	1 lb 1 oz	2 lb 2 oz

Taco Salad

Meat/Meat Alternate-Vegetable-Grains/Breads

Salads and Salad Dressings

E-13

SERVING:	YIELD:	VOLUME:
1 salad provides the equivalent of 2 oz of cooked lean meat, ¾ cup of vegetable, and the equivalent of 1 slice of bread.	25 Servings: 8 lb 15 ½ oz	25 Servings: 2 quarts ¼ cup (meat filling) 25 salads
	50 Servings: 17 lb 15 oz	50 Servings: 1 gallon ½ cup (meat filling) 50 salads
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Special Tip:
If desired, serve with Taco Sauce.

Nutrients Per Serving					
Calories	296	Saturated Fat	5.77 g	Iron	2.50 mg
Protein	18.36 g	Cholesterol	46 mg	Calcium	201 mg
Carbohydrate	20.19 g	Vitamin A	675 IU	Sodium	531 mg
Total Fat	16.16 g	Vitamin C	9.6 mg	Dietary Fiber	3.2 g