

Beef Taco

Servings:	100.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Beef Taco

Nutrition Information

Calories	248.87	Protein	12.18g
Fat	14.73g	SaturatedFat	5.93g
Trans Fat	0.00g	Cholesterol	38.33mg
Carbohydrates	15.18g	Fiber	1.84g
Sugar	0.28g	Sodium	34.49mg
Iron	1.71mg	Vitamin C	2.24mg
Vitamin A	2038.57IU	Calcium	22.20mg

Ingredients

12 3/4 Pound BEEF GRND 81/19 FINE GRIND 6-10 P/L

3 1/4 Quart Shredded Cheddar redu fat/sodium

4 20/23 Pound LETTUCE ROMAINE 24CT MRKN

1 11/25 Quart TOMATO 5X6 XL 5# MRKN

200 Each SHELL TACO CORN WGRAIN 5 8-25CT GFS

1 7/25 Gram SEASONING TACO MIX 6-9Z LAWR

1.275 pkg

Preparation Instructions

Directions:

,1: Brown ground beef or pork. Drain. Continue immediately.

,2: Add onions, granulated garlic, pepper, tomato paste, water, and seasonings. Blend well. Bring to boil. Reduce heat and simmer for 25-30 minutes. Stir periodically. CCP: Heat to 155 ° F for at least 15 seconds.

,3: CCP: Hold for hot service at 135° F or higher.

,4: For topping: Set cheese aside for step 5. Combine lettuce and tomatoes. Toss lightly. Set mixture aside for step 5.

,5: **Serving suggestions (see below)

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, Notes:

,1: Comments:

,2: *See Marketing Guide.

,3: Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and

,4: Seasoning Mixes) may be used to

,5: replace these ingredients. For

,6: 50 servings, use ¼ cup 1 ½ tsp

,7: Mexican Seasoning Mix. For 100

,8: servings, use ½ cup 1 Tbsp

,9: Mexican seasoning Mix.

,10: **Serving suggestions (2 tacos per serving):

,11: A. Before serving or on serving line, fill each taco shell with a No. 30 scoop (2 Tbsp) meat mixture. On each student tray, serve 2 tacos, No. 10 scoop (cup) lettuce and tomato mixture, and ½ oz (2 Tbsp) shredded cheese.

,12: OR

,13: B.1. Preportion No. 10 scoop (cup) lettuce and tomato mixture and ½ oz (2 Tbsp) shredded cheese into individual soufflé cups. Refrigerate until service.

,14: B.2. Transfer meat mixture and taco shells to steamtable pans. On each student tray, serve 2 unfilled taco shells, 2 No. 30 scoops (¼ cup ½ tsp) meat mixture, with preportioned lettuce and tomato mixture and preportioned cheese. Instruct students to "build" their own tacos.

,15: A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

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