

Taco Meat

Servings:	350.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Complex Food Prep

Taco Meat

Nutrition Information

Calories	210.65	Protein	17.19g
Fat	14.58g	SaturatedFat	4.79g
Trans Fat	2.40g	Cholesterol	62.21mg
Carbohydrates	2.19g	Fiber	0.66g
Sugar	0.00g	Sodium	302.82mg
Iron	0.54mg	Vitamin C	0.63mg
Vitamin A	531.64IU	Calcium	13.41mg

Ingredients

70 Pound Beef, Fine Ground, 85/15, Frozen

Thaw several days in advance before cooking

54 Ounce SEASONING TACO MIX 6-9Z LAWR

7 Quart Water

UNPREPARED

Preparation Instructions

Thaw hamburger several days before cooking.

Cook hamburger until no longer pink. Drain and rinse off excess fat.

Prepare 2 steam table pans. Put half the meat in one and the other half in the other one. Use 3 packages of taco seasoning per pan and 3 quarts of water per pan.

Cover and bake on 400 for 1 to 2 hours or until internal temp reaches 165 or above.