

Taco Meat

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

Taco Meat

Nutrition Information

Calories	238.68	Protein	19.58g
Fat	16.63g	SaturatedFat	5.47g
Trans Fat	2.75g	Cholesterol	71.10mg
Carbohydrates	2.19g	Fiber	0.66g
Sugar	0.00g	Sodium	311.36mg
Iron	0.54mg	Vitamin C	0.63mg
Vitamin A	531.64IU	Calcium	13.41mg

Ingredients

80 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.