

Beef Walking Taco

Servings:	53.00
Serving Size:	1.00 1
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service
Recipe# 2E	

Nutrition Information

Calories	199.34	Protein	16.62g
Fat	13.52g	SaturatedFat	4.51g
Trans Fat	2.25g	Cholesterol	0.00mg
Carbohydrates	2.72g	Fiber	0.34g
Sugar	1.19g	Sodium	142.93mg
Iron	0.31mg	Vitamin C	2.04mg
Vitamin A	339.61IU	Calcium	0.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
10 Pound	100158	100158 - Beef, Find Ground, 85/15, Frozen	UNPREPARED
3/4 Cup	513997	SPICE ONION MINCED 12Z TRDE	
2 1/4 Cup	100196	TOMATO PASTE CALIF 26 6-10 GCHC	
6 Tablespoon	413429	SEASONING TACO 21Z TRDE	

Preparation Instructions

Brown ground beef. Drain.

Chop onions if using fresh.

Add onions, tomato paste, water and seasoning to ground beef. Blend well. Bring to boil. Reduce heat and simmer for 25-30 minutes. Stir periodically.

Open 1 package and put on a tray or plate.

Place lettuce on chips.

Top lettuce and chips with 3 oz. taco meat and shredded cheese.