

# **Cookbook for Otsego Elementary**

**Created by HPS Menu Planner**

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[Soft Shell Beef Taco](#)

# Soft Shell Beef Taco

<b>Servings:</b>	65.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17496

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 6 PRSD 24-12CT LAFRO	65 Each		702633
TACO FILLING BEEF REDC FAT 6-5 COMM	12 3/16 Pound	4/5# bags Use scoop #16	722330
CHEESE CHED MLD SHRD 4-5 LOL	13/20 Gallon	1/5# bags use scoop #30	150250

## Preparation Instructions

### Thawing Instructions

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

### Basic Preparation

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE of 165 F.. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.

### OVEN:

Empty bags into roaster pan.

Cover and heat taco meat to 165 F.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.53
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.12
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 65.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>	
<b>Calories</b>	267.63
<b>Fat</b>	12.80g
<b>SaturatedFat</b>	6.84g
<b>Trans Fat</b>	0.27g
<b>Cholesterol</b>	52.32mg
<b>Sodium</b>	591.85mg
<b>Carbohydrates</b>	17.37g
<b>Fiber</b>	2.49g
<b>Sugar</b>	2.89g
<b>Protein</b>	18.99g

<b>Vitamin A</b>	802.41IU	<b>Vitamin C</b>	4.73mg
<b>Calcium</b>	178.16mg	<b>Iron</b>	1.89mg