

Homemade Taco Seasoning with Ground Beef

Servings:	232.00	Category:	Entree
Serving Size:	2.00 ounce weight	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-49798

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE CHILI POWDER MILD	1 Pint 1 Cup (3 Cup)		195164
SPICE CUMIN GRND	1 Pint 1 Cup (3 Cup)		273945
SPICE PAPRIKA	5 Fluid Ounce	5/8 cup	518331
SPICE GARLIC POWDER	5 Fluid Ounce	5/8 cup	224839
SALT IODIZED	1/3 Cup		125557
Beef, Fine Ground 85/15, Frozen	40 Pound	Thaw	100158
Water	1 Gallon 2 Quart 1/8 Cup (24 1/8 Cup)		Water

Preparation Instructions

1. Mix all spices together.
 2. Brown ground beef and drain.
 3. Sprinkle taco seasoning mix over meat. Stir in water.
 4. Bring to a boil, stirring frequently.
 5. Reduce heat and simmer mixture for 20-30 minutes, stirring occasionally.
- CCP: Heat mixture to 155°F.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 232.00

Serving Size: 2.00 ounce weight

Amount Per Serving			
Calories	168.81		
Fat	12.35g		
SaturatedFat	4.12g		
Trans Fat	2.06g		
Cholesterol	53.53mg		
Sodium	510.46mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	14.41g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.99mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available