

# Beef Taquitos (Roll-Ups)



<b>Servings:</b>	200.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51309
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD W/SPP 4-10#	28 Pound		821271
SPICE GARLIC POWDER	3 Fluid Ounce		224839
Black Ground Pepper	1 Fluid Ounce 2 0 Teaspoon (8 Teaspoon)		2009817
SPICE CHILI POWDER MILD	4 Fluid Ounce		331473
SPICE CUMIN GRND	3 Fluid Ounce		273945
SPICE PAPRIKA	1 Fluid Ounce 0 Teaspoon (6 Teaspoon)		518331
SPICE ONION POWDER	1 Fluid Ounce 0 Teaspoon (6 Teaspoon)		126993
CHEESE CHED MLD SHRD 4-5 LOL	6 1/2 Pound	READY_TO_EAT Preshredded. Use cold or melted	150250
TOMATO ROMA XL	5 1/4 Pound	chopped	108051
SOUR CREAM	12 2/5 Pound	READY_TO_EAT Served as a topping on a hot or cold meal	285218

Description	Measurement	Prep Instructions	DistPart#
LETTUCE ROMAINE RIBBONS	9 3/4 Pound		451730
TORTILLA FLOUR ULTRGR 6IN	400 Each		882690
SPRAY PAN MIST GARL ZESTY	1/2 Gram	As needed.	542344

## Preparation Instructions

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### Instructions

1. Add beef to a pan and cook for 25-30 minutes

Drain fat and water. Continue cooking in low heat.

Add seasonings. Blend well. Bring to boil.

Reduce heat and simmer for 20 minutes. Stir periodically.

Preheat oven 350° F.

Remove ground beef from heat.

Place in a sheet pan each soft tortilla and fill with 1 once cooked ground beef, using a No. 30 scoop. Roll tortillas into cylinders. Place about 36 servings or 72 count roll tortillas in each sheet pan.

Working on a sheet pan, fill each soft corn tortilla with 1 ounce of cooked ground beef, using a No. 30 scoop. Roll tortillas into cylinders. Place about 36 servings or 72 count roll tortillas in each sheet pan.

Spray rolled tortillas with vegetable oil and bake until crispy.

Pre-portion No. 10 scoop (? cup) lettuce and tomato mixture and ½ oz (2 Tbsp 1 tsp) shredded cheese into individual souffle cups. Refrigerate until service.

Transfer Beef flautas to steam table pans. On each student tray serve 2 flautas with your prepared lettuce, tomato and cheese side cups and garnish with sour cream.

### Recipe Notes

Crediting: 2 oz meat/meat alternate, 1/2 cup vegetables and 1 oz grain equivalent

Nutrition Facts per Serving (2flautas)

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 2.00 Each

Amount Per Serving	
<b>Calories</b>	427.14
<b>Fat</b>	23.09g
<b>SaturatedFat</b>	14.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	76.88mg
<b>Sodium</b>	509.30mg
<b>Carbohydrates</b>	37.15g
<b>Fiber</b>	6.34g
<b>Sugar</b>	4.21g
<b>Protein</b>	20.16g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 204.96mg	<b>Iron</b> 2.14mg

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

## Nutrition - Per 100g

No 100g Conversion Available