

Beef Taquitos (Roll-Ups)



Servings:	200.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51309
School:	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

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

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 2.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available