

MJSH HOMEMADE TACO SOUP WITH TORTILLA CHIPS



Servings:	64.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10674
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	10 Pound	Thawed	100158
ONION DEHY CHPD	1/4 Cup		263036
SEASONING TACO	1 3/4 Cup		413429
BEAN CHILI MEX STYLE	1 1/2 #10 CAN		192015
JUICE TOMATO 100	1 Gallon 2 Quart 1 Pint 7 1 Fluid Ounce (216 Fluid Ounce)	46 oz in a can	732790
CHEESE CHED MLD SHRD 4-5 LOL	2 Pound		150250
CHIP CORN	64 Package		712680

Preparation Instructions

Yield checked 11-17-22

Brown ground beef with onion until the meat is no longer pink and the temperature reaches at least 165 degrees. Drain well. Add the beans, chili powder, and tomato juice. Heat until the temperature reaches 165 degrees. Serve with 1/2 ounce of shredded cheddar cheese and one package of corn chips per serving.

*It may also be served with sour cream; the nutritional counts for that will need to be added since they are not included here.

*Note: I like to menu with sweet corn so that if someone would like corn in their soup, they can add it :-)

*Note: The serving size can be adjusted for younger students, but the nutrition analysis will also need to be adjusted.

*Note: With the new sodium requirement, I will explore making my own taco seasoning to control the sodium levels in this recipe.

Meal Components (SLE)

Amount Per Serving

Meat	3.250
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.250
Starch	0.000

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	445.49
Fat	24.09g
SaturatedFat	7.72g
Trans Fat*	1.59g
Cholesterol	15.25mg
Sodium	1202.56mg
Carbohydrates	35.66g
Fiber	5.55g
Sugar	4.23g
Protein	21.91g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 159.90mg	Iron 2.19mg

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

Nutrition - Per 100g

No 100g Conversion Available