

Taco Soup



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12118

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	8 1/2 Pound		100158
SPICE CHILI POWDER HOT	1 Cup		224707
SPICE CUMIN GRND	1 1/4 Cup		273945
SPICE GARLIC POWDER	1/2 Cup		224839
SPICE ONION POWDER	1 Fluid Ounce 5/8 Tablespoon (2 5/8 Tablespoon)		126993
SPICE PEPR RED CRUSHED	1 1/4 Tablespoon		513768
SPICE PEPR BLK REST GRIND	1 Fluid Ounce 5/8 Tablespoon (2 5/8 Tablespoon)		225061
ONION DCD 1/2IN	5 Pound		426059
Tap Water for Recipes	1 Gallon	UNPREPARED	000001WTR
DRESSING MIX RNCH	1 Cup		192716
TOMATO CRSHD	1 Gallon 1 Quart 1 Pint 1 1/4 Cup (23 1/4 Cup)		444588
Salsa, Low-Sodium, Canned	2 Quart	READY_TO_EAT	100330
CORN WHL KERNEL STD GRADE	2 Quart 1 Pint (10 Cup)		244805
BEAN KIDNEY 6-10 COMM	1 Gallon 2 Quart 1 7/8 Cup (25 7/8 Cup)		173860

Preparation Instructions

Directions:

Brown ground beef uncovered over medium high heat in a large stock pot.

Add spices. Stir well.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Remove beef mixture and set aside for step 7.

Using the same pot, cook onions uncovered over medium heat for 5-7 minutes or until soft. Reduce heat to low.

Add water, ranch dressing mix, crushed tomatoes, salsa, corn, and beans. Stir well. Simmer uncovered over low heat for 2 minutes.

Add seasoned beef and stir. Simmer uncovered for an additional 15-20 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Transfer to a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Serve immediately or cover and place in a warmer until ready for service.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available

2: .

3: Cooking Process #2: Same Day Service

4: Serving

5: NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides:

6: Legume as Meat Alternate: 2 oz equivalent meat/meat alternate, ¼ cup

7: red/orange vegetable, and ¼ cup additional

8: vegetable.

9: Legume as Vegetable: 1 oz equivalent meat/meat

10: alternate, ¼ cup legume vegetable, ¼ cup red/orange vegetable, and

11: ¼ cup additional vegetable.

12: CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides:

13: Legume as Meat Alternate: 2 oz meat/meat alternate and ½ cup

14: vegetable.

15: Legume as Vegetable: 1 oz meat/meat alternate and ¾

16: cup vegetable.

17: How to Cook Dry Beans

18: Special tip for preparing dry beans:

19: SOAKING BEANS

20: OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

21: QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and

22: boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

23: COOKING BEANS

- 24: Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.
- 25: Critical Control Point: Hold for hot service at 135 °F or higher.
- 26: OR
- 27: Chill for later use.
- 28: Critical Control Point: Cool to 70 °F within 2 hours and to 41 °F or lower within 4 hours.
- 29: 1 lb dry kidney beans = about 2 ½ cups dry or 6 ¼ cups cooked beans.

Meal Components (SLE)

Amount Per Serving	
Meat	1.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.250
Legumes	0.250
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories		196.75	
Fat		6.81g	
SaturatedFat		2.03g	
Trans Fat*		1.01g	
Cholesterol		26.39mg	
Sodium		583.74mg	
Carbohydrates		23.37g	
Fiber		4.83g	
Sugar		5.69g	
Protein		11.54g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.60mg	Iron	1.36mg

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

Nutrition - Per 100g

No 100g Conversion Available	
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