

Mexican Dip

Servings:	388.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9705
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	40 Pound	Thaw	100158
SEASONING TACO MIX	18 Ounce	2 packages	159204
BEAN REFRD	6 #10 CAN		293962
SOUP CRM OF MUSHRM	2 #5 CAN	N/A	101346
SOUP CRM OF CHIX	3 #5 CAN	N/A	695513
SAUCE CHS NACHO DLX	4 #10 CAN		323616
Salsa, Low-Sodium, Canned	4 #10 CAN	Commodity Brown Box should be used first when available or GFS# 452841	100330
Tap Water for Recipes	1 1/2 Quart	N/A	000001WTR
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	10 Pound	Commodity Brown Box should be used first when available or use GFS#150250	100012

Preparation Instructions

1. Spray tilt skillet with cooking spray. Turn on skillet to 300° and cook ground beef until there is no more visible pink.
2. Drain ground beef into a 5 gal bucket.
3. Sprinkle taco seasoning over drained ground beef.
4. Put in the rest of the ingredients into tilt skillet EXCEPT for the shredded cheese.
5. Turn temp on tilt skillet to 250°.
6. Mix well, then add shredded cheese.
7. Adjust heat to 200° (to keep from sticking). Heat to 150°.
8. Spray 5-4 inch deep pans and sauce pan with cooking spray. Use sprayed sauce pan to fill sprayed 4 inch deep pans with dip.
9. Cover and put in warmer until ready for service.

Updated 9.26.23

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.123
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.133
OtherVeg	0.000
Beans, Peas, and Lentils	0.192
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 388.00

Serving Size: 0.75 Cup

Amount Per Serving	
Calories	253.69
Fat	13.39g
Saturated Fat	4.43g
Trans Fat	1.23g
Cholesterol	42.08mg
Sodium	819.38mg
Carbohydrates	16.88g
Fiber	3.77g
Total Sugar	2.77g
Added Sugar	0.00g
Protein	15.40g
Vitamin A 54.91mcg	Vitamin C 0.00mg
Calcium 44.47mg	Iron 0.89mg

Nutrition - Per 100g

No 100g Conversion Available