

Homemade Beef Taco Meat

Servings:	75.00	Category:	Entree
Serving Size:	2.00 ounce weight	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-57530

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	13 Pound	USDA Brown Box Commodity---Thaw	100158
SPICE ONION MINCED	9 Tablespoon	or 1/2 Cup and 1 Tablespoon	513997
SPICE GARLIC POWDER	3 Tablespoon		224839
SPICE PEPR BLK REG FINE GRIND	4 Teaspoon	Or 1 Tablespoon and 1 teaspoon	225037
TOMATO PASTE FCY	1/4 #10 CAN	Or 27.75 ounce weight	221851
Tap Water	2 Quart		
SPICE CHILI POWDER MILD	1/4 Cup		331473
SPICE CUMIN GRND	3 Tablespoon		273945
SPICE PAPRIKA SPANISH	1 Tablespoon		225002
SPICE ONION POWDER	1 Tablespoon		126993

Preparation Instructions

Thaw ground beef 2 days ahead under refrigeration.

1. Brown ground beef and drain.
2. Add onion, garlic powder, pepper, tomato paste, and water and seasonings.
3. Blend well.
4. Bring to boil, Reduce heat and simmer for 25-30 minutes.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 2.00 ounce weight

Amount Per Serving	
Calories	179.33
Fat	12.42g
Saturated Fat	4.14g
Trans Fat	2.07g
Cholesterol	53.81mg
Sodium	76.86mg
Carbohydrates	3.82g
Fiber	0.74g
Total Sugar	1.48g
Added Sugar	0.00g
Protein	14.49g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.19mg

Nutrition - Per 100g

Calories	228.10
Fat	15.79g
Saturated Fat	5.26g
Trans Fat	2.63g
Cholesterol	68.44mg
Sodium	97.77mg
Carbohydrates	4.86g
Fiber	0.94g
Total Sugar	1.88g
Added Sugar	0.00g
Protein	18.43g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.24mg