

# Homemade Beef Taco Meat

<b>Servings:</b>	75.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 ounce weight	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 2.00 ounce weight

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

## Nutrition - Per 100g

<b>Calories</b>	201.25
<b>Fat</b>	13.94g
<b>Saturated Fat</b>	4.65g
<b>Trans Fat</b>	2.32g
<b>Cholesterol</b>	60.39mg
<b>Sodium</b>	86.26mg
<b>Carbohydrates</b>	4.29g
<b>Fiber</b>	0.83g
<b>Total Sugar</b>	1.66g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	16.26g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.22mg