

# Beef or Pork Taco

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-13

| Ingredients  | 50 Servings        |  | 100 Servings        |                                     | Directions  |
|--|--------------------|--|---------------------|-------------------------------------|---|
|  | Weight             | Measure  | Weight              | Measure                             |   |
| Raw ground beef<br>(no more than 20% fat)<br>OR<br>Raw ground pork<br>(no more than 20% fat) | 6 lb 6 oz          |  | 12 lb 12 oz         |                                     | 1. Brown ground beef or pork. Drain. Continue immediately.  |
| *Fresh onions, chopped<br>OR<br>Dehydrated onions  | 5 oz<br>OR<br>1 oz | ¾ cup 2 Tbsp<br>OR<br>½ cup                    | 10 oz<br>OR<br>2 oz | 1 ¾ cups<br>OR<br>1 cup             | 2. Add onions, granulated garlic, pepper, tomato paste, water, and seasonings. Blend well. Bring to boil. Reduce heat and simmer for 25-30 minutes. Stir periodically.<br><br>CCP: Heat to 155 ° F for at least 15 seconds.   |
|  |                    |  |                     |                                     | 3. CCP: Hold for hot service at 135° F or higher.   |
| Granulated garlic  |                    | 1 Tbsp 1 ½ tsp                                 |                     | 3 Tbsp                              |   |
| Ground black or white pepper   |                    | 2 tsp  |                     | 1 Tbsp 1 tsp                        |   |
| Canned tomato paste  | 14 oz              | 1 ½ cups 1 Tbsp<br>(⅓ No. 10 can)              | 1 lb 12 oz          | 3 cups 2 Tbsp<br>(¼ No. 10 can)     |   |
| Water  |                    | 1 qt   |                     | 2 qt                                |   |
| †Seasonings<br>Chili powder<br>Ground cumin<br>Paprika<br>Onion powder                       |                    | 2 Tbsp<br>1 Tbsp 1 ½ tsp<br>1 ½ tsp<br>1 ½ tsp |                     | ¼ cup<br>3 Tbsp<br>1 Tbsp<br>1 Tbsp |   |
| Reduced fat Cheddar cheese,<br>shredded  | 1 lb 10 oz         | 1 qt 2 ½ cups                                  | 3 lb 4 oz           | 3 qt 1 cup                          | 4. For topping: Set cheese aside for step 5. Combine lettuce and tomatoes. Toss lightly. Set mixture aside for step 5.  |
| *Fresh lettuce, shredded   | 2 lb 7 oz          | 1 gal 2 cups                                   | 4 lb 14 oz          | 2 gal 1 qt                          |   |
| *Fresh tomatoes, chopped   | 1 lb 5 oz          | 2 ¾ cups 2 Tbsp                                | 2 lb 10 oz          | 1 qt 1 ¾ cups                       |   |
| Enriched taco shells<br>(at least 0.45 oz each)  |                    | 100 each                                       |                     | 200 each                            | 5. Serving suggestions (2 tacos per serving)<br><br>A. Before serving or on serving line, fill each taco shell with a No. 30 scoop (2 Tbsp) meat mixture. On each student tray, serve 2 tacos, No. 10 scoop (¾ cup) lettuce and tomato mixture, and ½ oz (2 Tbsp) shredded cheese.<br>OR<br>B.1. Preportion No. 10 scoop (¾ cup) lettuce and tomato mixture and ½ oz (2 Tbsp) shredded cheese into individual soufflé cups. Refrigerate until |

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|  | service.<br>B.2. Transfer meat mixture and taco shells to steamtable pans. On each student tray, serve 2 unfilled taco shells, 2 No. 30 scoops (¼ cup ½ tsp) meat mixture, with preportioned lettuce and tomato mixture and preportioned cheese. Instruct students to "build" their own tacos. |
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Comments:  
\*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ¼ cup 1 ½ tsp Mexican Seasoning Mix. For 100 servings, use ½ cup 1 Tbsp Mexican seasoning Mix.

| Marketing Guide for Selected Items |             |              |
|------------------------------------|-------------|--------------|
| Food as Purchased for              | 50 Servings | 100 Servings |
| Mature onions                      | 6 oz        | 12 oz        |
| Head lettuce                       | 3 lb 4 oz   | 6 lb 8 oz    |
| Tomatoes                           | 1 lb 9 oz   | 3 lb 2 oz    |

| SERVING:   | YIELD:  | VOLUME:  |
|--|---|--|
| 2 tacos provide 2 oz equivalent meat/meat alternate, ½ cup of vegetable, and 1 serving of grains/breads. | <b>50 Servings:</b> about 7 lb 4 oz (filling)<br>about 15 lb 10 oz  | <b>50 Servings:</b> 3 quarts 1 ⅓ cups (filling)<br>100 tacos     |
|  | <b>100 Servings:</b> about 14 lb 8 oz (filling)<br>about 31 lb 4 oz | <b>100 Servings:</b> 1 ½ gallons 2 ⅔ cups (filling)<br>200 tacos |

Tested 2004

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| Nutrients Per Serving |         |               |        |               |         |
|-----------------------|---------|---------------|--------|---------------|---------|
| Calories              | 299     | Saturated Fat | 5.80 g | Iron          | 2.43 mg |
| Protein               | 18.26 g | Cholesterol   | 46 mg  | Calcium       | 200 mg  |
| Carbohydrate          | 20.36 g | Vitamin A     | 600 IU | Sodium        | 253 mg  |
| Total Fat             | 16.36 g | Vitamin C     | 8.2 mg | Dietary Fiber | 3.0 g   |