

# CRISPY BEEF TACO (WGR)

**MEAL COMPONENT CONTRIBUTION:**

3 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/8 cup of red/orange vegetable, 1/8 cup of other vegetable

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 2 tacos

**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES  
(RED/ORANGE) : VEGETABLES (OTHER)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beef, Gound, 80/20, #1001	21 pounds + 4 ounces
Onions, Frozen, Diced, #1610	1 quart
Spice Blend MS, Southwest, No Salt, #2735	1 1/2 cups
Garlic Powder, #2709	1/4 cup + 2 teaspoons
Cumin Seed, Ground, #2706	3 tablespoons
Salt, Table, #2723	2 teaspoon
Paste, Tomato, #10 Can, #2825	2 quart + 2 cups
Lemon Juice, Canned/Bottled, #2247	1/2 cup
Water, Municipal, Mississippi	2 quarts + 3 cups
Taco Shell, Crunchy, WGR, #2140	200 shells
Salsa, Bulk, #2823	3 quarts + 1/2 cup
Cheese, American, Grated/Shredded, #1306	1 pound + 9 ounces
Cheese, Mozzarella, Shredded, #1307	1 pound + 9 ounces
Salad Mix, Iceberg, Carrot, Red Cabbage, #4012	4 pounds + 2 ounces
Tomatoes, Whole, Red, Ripe, Raw, #4110	1 pound + 4 ounces

**DIRECTIONS**

- If the beef and onions are frozen, thaw them in the refrigerator. Drain the onions thoroughly on the day of assembly.  
CCP: Hold under refrigeration (41 degrees F. or lower) until ready for assembly.
- Brown the ground meat and then drain it. Press the draining beef to remove excess fat. After draining the ground beef, continue cooking it.
- Add the onions to the beef and sauté them for about 5 minutes, or until the onions are tender.
- Add the Southwest Spice Blend, garlic powder, cumin seed, and salt. Blend the mixture well, then bring the mixture to a simmer. Simmer for 5 minutes.
- Add the tomato paste and lemon juice to meat mixture. Blend the ingredients together and cook until the mixture turns dark red.
- Stir in the water and bring the mixture to a simmer. Cook for 25 - 30 minutes. Stir the mixture occasionally to prevent sticking.  
CCP: Heat to 155 degrees F or higher for 17 seconds at the completion of the cooking process. If the manufacturer instructions on the package or case have a higher temperature, follow those recommendations.
- Warm the taco shells according to the package directions.

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## DIRECTIONS

8. For toppings:
  - Rinse the tomatoes under cool, running water then drain them thoroughly.
  - Core the tomatoes and dice them into ½-inch pieces.
  - Combine the tomatoes with the lettuce. Toss the mixture lightly.
  - Portion 3/8 cup of the lettuce and tomatoes with #12 scoop or 3 ounce spoodle in individual portion containers.
  - Combine cheeses and portion ½ ounce of cheese in portion containers.
  - Portion 1 ounce of salsa in portion containers.
  - Cover and refrigerate until the time of service.

CCP: Cover and refrigerate at 41 degrees F or lower until ready for service.

9. Before serving or on serving line, fill each shell with #20 scoop meat mixture. Serve preportioned lettuce and tomato mixture, salsa, and ½ ounce of cheese on the side with meat-filled tortillas. Instruct students to "build" their own tacos.
10. Portion 2 taco with trimmings, salsa, and cheese per serving. Each portion provides 3 oz. eq. meat/meat alternate, 1 oz. eq. of whole grain, 1/8 cup of other vegetable and 1/8 cup of red/orange vegetable.

CCP: Hold and maintain the product at a minimum temperature of 135 degrees F or higher. Check the temperature every 30 minutes. Unassembled leftovers should be covered, labeled, and dated. Quick chill within 2 hours to 70 degrees F or lower and from 70 to 41 degrees F or lower within an additional 4 hours.

## PRODUCTION NOTES

Use USDA Foods products when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

"Culinary Techniques for Healthy School Meals: Preparing Meats" provides seasoning and serving ideas for meats.

## NUTRIENTS PER SERVING

Calories	381	Dietary Fiber	4.86 g	Sodium	661.25 mg	Sat. Fat	7.48 g
Carbohydrates	25.06 g	Protein	19.14 g	Total Fat	23.20 g	Trans Fat	0.00 g