

WALKING TACOS (WGR)



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

MEAL COMPONENT CONTRIBUTION:

2½ oz. eq. meat/meat alternate, 2 oz. eq. of whole grain, 1/8 cup of red/orange vegetable, and 1/8 cup of other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** See step 9 for portion size

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beef, Gound, 80/20, #1001	17 pounds
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 teaspoons
Paste, Tomato, #10 Can, #2825	2 quarts + 2 cups
Lemon Juice, Canned/Bottled, #2247	1/2 cup
Water, Municipal, Mississippi	2 quarts + 3 cups
Cheese, American, Grated/Shredded, USDA	1 pound + 9 ounces
Cheese, Mozzarella, Shredded, USDA	1 pound + 9 ounces
Salad Mix, Iceberg, Carrot, Red Cabbage, #4012	4 pounds
Tomatoes, Whole, Red, Ripe, Raw, #4110	1 pounds + 4 ounces
Salsa, Bulk, #2823	3 quarts + 1/2 cup
Chips, Walking Tacos #2611	100 bags

DIRECTIONS

1. 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.

2. Brown the ground meat and drain it. Press the draining ground beef to remove excess fat. After draining the ground beef, continue cooking it.
3. Add the onions to the ground beef and sauté for about two minutes, or until the onions are tender.
4. Add the Southwest Spice Blend, garlic powder, cumin seed, and salt. Blend the mixture well and heat at a simmer for five minutes.
5. Add the tomato paste and lemon juice to meat mixture, blend, and cook until the mixture turns dark red.
6. Add the water and bring it to a simmer. Then cook for 25 -30 minutes. Stir the mixture occasionally to prevent sticking.

CCP: Heat to 135 degrees F or higher for at least 15 seconds at the completion of the cooking process. If manufacturer instructions on package or case have a higher temperature, follow those recommendations.

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DIRECTIONS

7. Transfer the meat mixture to steamtable pans. Cover the pans and hold in warmer until ready for assembly.
 CCP: Hold in warmer at 135 degrees F or higher until ready for assembly. Check temperature every 30 minutes.
8. For toppings:
 - Rinse the tomatoes under cool, running water, then drain them thoroughly.
 - Core and dice tomatoes in ½ inch pieces.
 - Combine the tomatoes with lettuce, and toss the mixture lightly. Portion ¼ cup with #16 scoop or 2 ounce spoodle in individual portion container.
 - Combine cheeses. Weigh ½ ounce of cheese to determine the portion size. Portion ½ ounce of cheese in individual portion containers.
 - Measure 1 ounce of salsa to determine the portion size. Portion 1 ounce of salsa in individual portion containers.
 - Cover and refrigerate for service.
 CCP: Cover and hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers. Refrigerate at 41 degrees F or lower.
9. Open the bags of walking taco chips on the side. Place the bags in serving pans.
10. On serving line, fill each bag with #10 scoop of meat mixture. Serve the preportioned lettuce and tomato mixture, salsa, and ½ ounce of cheese on the side with 1 meat-filled bags. Instruct students to "build" their own tacos.
11. Portion 1 meat -filled bag with trimmings, salsa, and cheese. Each portion provides 2½ oz. eq. meat/meat alternate, 2 oz. eq . of whole grain, 1/8 cup of red/orange vegetable, and 1/8 cup of other vegetable.
 CCP: Hold and maintain the product at a minimum temperature of 135 degrees F or higher. Check temperature every 30 minutes. 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.

NUTRIENTS PER SERVING

Calories	417	Dietary Fiber	4.90 g	Sodium	784.18 mg	Sat. Fat	7.46 g
Carbohydrates	37.06 g	Protein	17.83 g	Total Fat	21.51 g	Trans Fat	0.00 g