BEAN TACO

MEAL COMPONENT CONTRIBUTION:
3 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/8 cup other vegetable
NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 2 taco
RECIPE HACCP PROCESS: #2 - Same day service

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

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beans, Pinto, Dry, Low Sodium, #10 Can, #2805	5 1/2 #10 cans
Onions, Frozen, Diced, #1610	2 1/2 cups
Paste, Tomato, #10 Can, #2825	1 quart + 1 cup
Water, Municipal, Mississippi	3 quarts
Chili Powder, #2703	1/2 cup + 2 tablespoons
Spice Blend MS, Southwest, No Salt, #2735	1/2 cup
Pan Release Spray, Vegetable Oil, #2514	20 second spray
Cheese, Mozzarella, Shredded, #1307	3 pounds + 4 ounces
Cheese, Cheddar, Low Fat, Shredded, USDA, #B027	3 pounds + 4 ounces
Tomatoes, Whole, Red, Ripe, Raw, #4110	2 pounds + 8 ounces
Lettuce, Green Loose Leaf, Crowns, Fresh, #4007	1 1/2 gallons + 2 cups, shredded
Taco Shell, Crunchy, WGR, #2140	200 shells

DIRECTIONS

1. Thaw the onions in the refrigerator overnight.
2. Use either canned drained pinto beans or cooked dry pinto beans (see Production Notes for prepartion of dried beans).
   Use a mixer with a paddle attachment to puree the beans for 4 to 5 minutes on medium speed until beans are a smooth consistency.
   If using dried beans, see the Production Notes for preparation instructions.
3. Transfer the pureed beans to a braising pan, steam-jacketed kettle, or large stock pot.
   Add the onions, chili powder, tomato paste, water, and Southwest Spice Blend to the pureed bean mixture.
   Blend the ingredients thoroughly.
4. Bring the mixture to a boil. Then reduce the heat and simmer for 25-30 minutes. Stir the beans periodically.
   Alternate instructions: Pour the mixture into steamtable pans sprayed with pan release spray. Bake the beans covered, at 350 degrees, until heated through, about 30 to 45 minutes.

   CCP: Heat to 135 degrees F or higher for at least 15 seconds at the completion of the cooking process. If the manufacturer instructions on the package or case have a higher temperature, follow those recommendations.
5. Separate the lettuce leaves and rinse the lettuce under cool, running water. Drain the lettuce thoroughly. Chop the lettuce into bite-size pieces.

   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.

BEAN TACO

DIRECTIONS

6. Rinse the tomatoes under cool, running water. Drain them thoroughly. Core tomatoes and dice them into ½-inch pieces.
   After draining the tomatoes, combine them with the lettuce and portion into ¼ cup in 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.
7. Blend the cheeses and portion 1 ounce cheese in 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.
8. Heat the taco shells for 3 -5 minutes.
   CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.
9. On the serving line, fill each taco shell with #16 scoop (¼ cup) of the bean mixture. With each taco, serve the lettuce and tomato mixture and cheese.
   Portion two tacos with cheese and trimmings per serving. Each portion provides 3 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, and 1/8 cup another vegetable.

PRODUCTION NOTES

PREPARATION NOTES FOR DRIED BEANS:

SOAKING BEANS:
Overnight method: Add 1¾ quarts cold water to every pound of dry beans. Cover. Let stand overnight in the refrigerator.
Quick-soak method: Boil 1¾ quarts water for each pound of dry beans. Pour the beans in and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

COOKING DRIED BEANS:
Once the beans have been soaked, add ½ teaspoon salt for every pound of dry beans. Boil gently with a lid tilted until tender, about 2 hours.

Use hot beans immediately or,
CCP: Hold for hot service at 135 degrees F.

Or, chill for later use. If chilling:
CCP: Cool to 70 degrees F within 2 hours and to 41 degrees F within an additional 4 hours.

1 pound dry beans = about 2½ cups dry or 6¼ cups cooked beans.

Use USDA Foods products when available.
Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if the recipe is altered.
If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.
"Culinary Techniques for Healthy School Meal" provides seasoning and serving ideas for entrées.

NUTRIENTS PER SERVING

Calories	352	Dietary Fiber	11.23 g	Sodium	660.00 mg	Sat. Fat	3.64 g
Carbohydrates	46.16 g	Protein	19.17 g	Total Fat	11.96 g	Trans Fat	0.00 g