

TACO SOUP-USDA FOODS (WITH BC)

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, ¼ cup bean/pea/legume vegetables,
¼ cup red/orange vegetables, 1/8 cup other vegetables

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 cup

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : VEGETABLES (BEANS/PEAS) :
VEGETABLES (RED/ORANGE) : VEGETABLES (OTHER)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Pan Release Spray, Vegetable Oil, #2514	10 second spray
Onions, Frozen, Diced, #1610	2 quart + 2 cups
Beef Crumbles, #100134	15 pounds , thawed
Spice Blend MS, Southwest, No Salt, #2735	1 cup
Dressing, Ranch, Dry Mix, #2244	1/2 cup
Water, Municipal, Mississippi	1 gallon
Tomatoes, Crushed, #10 Can, #2827	2 #10 cans
Salsa, #10 Can, USDA Foods #100330	2 cups
Corn, Yellow, Canned, Whole Kernel, #10, Low Sodium, #2809	1 #10 can
Beans, Kidney, #10 Canned, Low Sodium, #2802	4 #10 cans

DIRECTIONS

- Thaw beef crumbles according to package directions.
Thaw the onions then drain them thoroughly.
- Spray a braising pan, steam jacketed kettle, or large stockpot with food release spray. Sauté onions until they are soft.
- Add the thawed beef crumbles to the onions and cook them for 5 minutes. Do not use frozen beef crumbles in recipes.
CCP: Heat to 135 degrees F or higher for at least 15 seconds at the completion of the cooking process. If manufacturer instructions on the package or case have a higher temperature, follow those recommendations.
- Do not drain the corn and beans. Add the ranch dressing mix, water, crushed tomatoes, salsa, corn, and kidney beans to the meat mixture and mix well.
- Simmer the soup for 15 - 20 minutes.
CCP: Heat to 135 degrees F or higher for 15 seconds at the completion of the cooking process.
- Transfer the soup to steamtable pans. Serve the soup immediately or cover the soup and place it in a warmer until ready for service.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F.
- Portion 1 cup soup with 8-ounce spoodle or 8-ounce ladle in a soup bowl per serving. Each portion provides 2 oz. eq. meat/meat alternate, ¼ cup red/orange vegetables, ¼ cup beans/peas/legumes vegetables, and 1/8 cup other vegetables.
CCP: Hold and maintain 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.

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PRODUCTION NOTES

Use USDA Foods products when available.
Salsa and/or Ro-tel tomatoes may be used instead of crushed tomatoes. Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if different ingredients are used.
If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.
"Culinary Techniques for Healthy School Meals" provides seasoning and serving ideas for soups.

SERVING NOTES

Soup thickens as it simmers, so best if served within 2 hours after preparation.
Garnish each serving with ¼ ounces shredded cheese (if cheese is added, nutrient analysis must be recalculated).

NUTRIENTS PER SERVING

Calories	248	Dietary Fiber	9.11 g	Sodium	450.33 mg	Sat. Fat	4.25 g
Carbohydrates	25.52 g	Protein	18.07 g	Total Fat	9.20 g	Trans Fat	0.00 g

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ILLUSTRATED STEPS FOR PREPARATION OF TACO SOUP-USDA FOODS (WITH BC)

1.



The beef, onions, seasonings, water, crushed tomatoes, salsa, corn in a tilt skillet

2.



Adding the beans to the beef mixture

3.



Stirring soup while it simmers

4.



1 serving of Taco Soup