

SOFT BEEF TACO (ENRICHED)-USDA (WITH BC)

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 1 oz. eq. enriched grain, 1/8 cup red/orange vegetable, 1/8 cup other vegetable

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

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : ENRICHED GRAIN : VEGETABLES
(RED/ORANGE) : VEGETABLES (OTHER)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Pan Release Spray, Vegetable Oil, #2514	10 second spray
Onions, Frozen, Diced, #1610	1 quart
Beef Crumbles, #100134	13 pounds
Spice Blend MS, Southwest, No Salt, #2735	1 1/2 cup
Garlic Powder, #2709	1/4 cup + 2 teaspoons
Cumin Seed, Ground, #2706	3 tablespoons
Salt, Table, #2723	1 teaspoon
Paste, Tomato, #10 Can, #2825	1 quart + 2 1/2 cups
Lemon Juice, Canned/Bottled, #2247	1/3 cup
Water, Municipal, Mississippi	1 quart + 3 cups
Salad Mix, Iceberg, Carrot, Red Cabbage, #4012	4 pounds
Tomatoes, Whole, Red, Ripe, Raw, #4110	1 pound + 4 ounces
Salsa, #10 Can, USDA Foods #100330	3 quarts + 2 cups
Cheese, Cheddar, Low Fat, Shredded, USDA, #B027	1 pound + 9 ounces
Cheese, Mozzarella, Shredded, USDA	1 pound + 9 ounces
Tortilla, Soft Flour, 6", #1221	100 tortillas

DIRECTIONS

1. Thaw the ground beef and onions in the refrigerator. Drain the onions thoroughly before adding to the recipe.
CCP: Hold under refrigeration (41 degrees F. or lower) until ready for assembly.
2. Spray a braising pan with food release spray.
3. Add the onions and sauté them for about two minutes, or until the onions are tender.
4. Add the thawed beef crumbles and stir until the mixture is combined. Do not use frozen beef crumbles in recipes.
5. Add the Southwest Spice Blend, garlic powder, cumin seed, and salt. Blend the mixture well, then bring it to a simmer. Continue to cook for five minutes.
6. Add the tomato paste and lemon juice to meat mixture. Blend the ingredients together and cook until the mixture turns dark red.

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7. Stir in the water and bring the mixture to a simmer. Cook for 25 - 30 minutes. Stir the mixture occasionally to prevent sticking. Transfer the meat mixture to steamtable pans. Cover them and hold in a warmer until ready for assembly.

CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process. If manufacturer instructions on package or case have a higher temperature, follow those recommendations.

CCP: Cover and hold for service at 135 degrees F or higher.

8. For the 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 ¼ cup of the lettuce and tomatoes with #10 scoop or 2 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: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

9. Warm the tortillas according to the package directions.
10. Before serving or on serving line, fill each tortilla with a #20 scoop meat mixture. Serve the preportioned lettuce and tomato mixture salsa, and ½ ounce cheese on the side with meat-filled tortillas. Instruct students to "build" their own tacos.
- Tortillas can also be folded into a "pocket". Pictures 2 through 5 demonstrate the steps to assemble a "pocket" tortilla.
11. Portion 1 taco with trimmings per serving. Each portion provides 2 oz. eq. meat/meat alternate, 1 oz. eq. of enriched grain, 1/8 cup of red/orange vegetable, and 1/8 cup other vegetable.

CCP: Hold and maintain taco meat at a minimum temperature of 135 degrees F or higher. Check 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.

CCP: Cover and hold the toppings 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.

PRODUCTION NOTES

Thaw the ground beef and onions in the refrigerator. Drain the thawed onions before adding them to the recipe.

PURCHASING GUIDE

Use USDA Foods or Department of Defense (DoD) products when available

MISCELLANEOUS NOTES

- Refer to the USDA FNS Food Buying Guide for School Meal Programs and/or the item's product -formulation statement for quantities to purchase if the recipe is altered.

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

NUTRIENTS PER SERVING

Calories	283	Dietary Fiber	4.00 g	Sodium	531.00 mg	Sat. Fat	7.00 g
Carbohydrates	26.00 g	Protein	17.00 g	Total Fat	13.00 g	Trans Fat	0.00 g

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ILLUSTRATED STEPS FOR PREPARATION OF SOFT BEEF TACO (ENRICHED)-USDA (WITH BC)

1.



1 serving of Beef Taco With Soft Tortilla

2.



To assemble a "pocket" tortilla, lay tortilla on a flat surface.

3.



Fold 2 opposite sides of the tortilla 1 inch towards the middle

4.



Fold bottom of tortilla up almost in half

5.



Stuff the "pocket" with filling (such as taco meat). These can be stack up in a half size sheet pans for easy service.