

# BEEF TACO IN A CRISPY SHELL (WGR)-BRIGGS

## 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	1 1/2 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
Tomatoes, Whole, Red, Ripe, Raw, #4110	1 pound + 4 ounces
Salad Mix, Iceberg, Carrot, Red Cabbage, #4012	4 pounds + 2
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
Taco Shell, Crunchy, WGR, #2140	200 shells

## DIRECTIONS

- Thaw the ground beef and onions in the refrigerator. Drain the onions thoroughly before adding them to the recipe.  
CCP: Hold under refrigeration (41 degrees F. or lower) until ready for assembly.
- Brown the ground meat, then drain it. Press the draining beef to remove excess fat. After draining the ground beef, continue cooking it.
- Add the onions and them sauté for about two 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.  
Transfer the meat mixture to steamtable pans. Cover them and and hold in warmer until ready for taco assembly.  
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.

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## DIRECTIONS

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

### 8. Warm the taco shells according to the package directions.

### 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.

CCP: Hold tacos in the warmer at 135 degrees F or higher until ready for service.

### 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 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	389	Dietary Fiber	5.00 g	Sodium	502.00 mg	Sat. Fat	8.00 g
Carbohydrates	25.00 g	Protein	19.00 g	Total Fat	24.00 g	Trans Fat	0.00 g