

SOFT BEEF TACO (ENRICHED)

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)
Beef, Gound, 80/20, #1001	13 pounds + 10 ounces
Onions, Frozen, Diced, #1610	1 1/4 cups
Spice Blend MS, Southwest, No Salt, #2735	1 cup
Garlic Powder, #2709	3 tablespoons
Salt, Table, #2723	1 teaspoon
Cumin Seed, Ground, #2706	2 tablespoons
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
Tortilla, Soft Flour, 6", #1221	100 tortillas
Salad Mix, Iceberg, Carrot, Red Cabbage, #4012	2 pounds + 2 ounces
Tomatoes, Whole, Red, Ripe, Raw, #4110	1 pound + 4 ounces
Cheese, American, Grated/Shredded, #1306	1 pound + 9 ounces
Cheese, Mozzarella, Shredded, #1307	1 pound + 9 ounces
Salsa, Bulk, #2823	3 quarts + 1/2 cup

DIRECTIONS

- 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.
- Brown the ground meat and then drain it. Press the draining beef to remove excess fat. After draining the ground beef, continue cooking it.
- Add the onions to the beef and sauté them for about 5 minutes, or until the onion is tender.
- Add the Southwest Spice Blend, garlic powder, cumin seed, and salt. Blend the mixture well, then bring to simmer. Then simmer for 5 minutes.
- Add the tomato paste and lemon juice to the 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.
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.
- Warm the taco shells according to the package directions.

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DIRECTIONS

8. For toppings:

- Dice the tomatoes and combine them with the lettuce. Toss the mixture lightly. Portion the mixture in ½ cup in 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. Before serving or on serving line, fill each tortilla with a #20 scoop meat mixture. Serve 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.

10. 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 other vegetable, and 1/8 cup of red/orange vegetable.

CCP: Hold and maintain the product at a minimum 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 within an additional 2 hours.

PRODUCTION NOTES

Use USDA Foods products when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.

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

"Culinary Techniques for Healthy School Meals: Preparing Meats" provides seasoning and serving ideas for meats.

NUTRIENTS PER SERVING

Calories	277	Dietary Fiber	2.25 g	Sodium	589.00 mg	Sat. Fat	7.09 g
Carbohydrates	21.63 g	Protein	14.33 g	Total Fat	14.67 g	Trans Fat	0.00 g

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ILLUSTRATED STEPS FOR PREPARATION OF SOFT BEEF TACO (ENRICHED)

1.



1 serving of Beef Taco With Soft Tortilla in a 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.