

# WALKING TACOS (WGR)

## MEAL COMPONENT CONTRIBUTION:

2½ oz. eq. meat/meat alternate, 2 oz. eq. of whole grain, 1/8 cup of red/orange vegetable, and 1/8 cup of other vegetable

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** See step 9 for portion size

**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	17 pounds
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	2 teaspoons
Paste, Tomato, #10 Can, #2825	2 quarts + 2 cups
Lemon Juice, Canned/Bottled, #2247	1/2 cup
Water, Municipal, Mississippi	2 quarts + 3 cups
Cheese, American, Grated/Shredded, USDA	1 pound + 9 ounces
Cheese, Mozzarella, Shredded, USDA	1 pound + 9 ounces
Salad Mix, Iceberg, Carrot, Red Cabbage, #4012	4 pounds
Tomatoes, Whole, Red, Ripe, Raw, #4110	1 pounds + 4 ounces
Salsa, Bulk, #2823	3 quarts + 1/2 cup
Chips, Walking Tacos #2611	100 bags

## 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 drain it. Press the draining ground beef to remove excess fat. After draining the ground beef, continue cooking it.
- Add the onions to the ground beef and 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 and heat at a simmer for five minutes.
- Add the tomato paste and lemon juice to meat mixture, blend, and cook until the mixture turns dark red.
- Add the water and bring it to a simmer. Then cook for 25 -30 minutes. Stir the mixture occasionally to prevent sticking.

CCP: Heat to 135 degrees F or higher for at least 15 seconds at the completion of the cooking process. If manufacturer instructions on package or case have a higher temperature, follow those recommendations.

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## DIRECTIONS

7. Transfer the meat mixture to steamtable pans. Cover the pans and hold in warmer until ready for assembly.  
CCP: Hold in warmer at 135 degrees F or higher until ready for assembly. Check temperature every 30 minutes.
8. For toppings:
  - Rinse the tomatoes under cool, running water, then drain them thoroughly.
  - Core and dice tomatoes in ½ inch pieces.
  - Combine the tomatoes with lettuce, and toss the mixture lightly. Portion ¼ cup with #16 scoop or 2 ounce spoodle in individual portion container.
  - Combine cheeses. Weigh ½ ounce of cheese to determine the portion size. Portion ½ ounce of cheese in individual portion containers.
  - Measure 1 ounce of salsa to determine the portion size. Portion 1 ounce of salsa in individual portion 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.
9. Open the bags of walking taco chips on the side. Place the bags in serving pans.
10. On serving line, fill each bag with #10 scoop of meat mixture. Serve the preportioned lettuce and tomato mixture, salsa, and ½ ounce of cheese on the side with 1 meat-filled bags. Instruct students to "build" their own tacos.
11. Portion 1 meat -filled bag with trimmings, salsa, and cheese. Each portion provides 2½ oz. eq. meat/meat alternate, 2 oz. eq. of whole grain, 1/8 cup of red/orange vegetable, and 1/8 cup of other vegetable.  
CCP: Hold and maintain the 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.

## NUTRIENTS PER SERVING

Calories	417	Dietary Fiber	4.90 g	Sodium	784.18 mg	Sat. Fat	7.46 g
Carbohydrates	37.06 g	Protein	17.83 g	Total Fat	21.51 g	Trans Fat	0.00 g