

TACO SALAD WITH CHIPS-USDA FOODS-MERCHANTS

MEAL COMPONENT CONTRIBUTION:

2½ oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 3/8 cup red/orange vegetable, ½ cup green vegetable, and ½ cup other vegetable

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

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, Yellow, Diced 1/4", Raw, #4009	1 quart
Spice Blend MS, Southwest, No Salt, #2735	1 1/2 cups
Cumin Seed, Ground, #2706	3 tablespoons
Garlic Powder, #2709	1/4 cup + 2 teaspoons
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
Lettuce, Green Loose Leaf, Crowns, Fresh, #4007	4 pounds + 12 ounces
Salad Mix, Iceberg, Carrot, Red Cabbage, #4012	15 pounds + 4 ounces
Salad, Mesclun Mix, (Spring Mix), #4014	14 pounds + 12 ounces
Tomatoes, Whole, Red, Ripe, Raw, #4110	9 pounds + 12 ounces
Cheese, American, Grated/Shredded, #1306	1 pound + 8 ounces
Cheese, Mozzarella, Shredded, #1307	1 pound + 8 ounces
Salsa, #10 Can, USDA Foods #100330	3 quarts + 1/2 cup
Chips, Tortilla, Light Salt, Bulk, #2125	6 pounds + 4 ounces

DIRECTIONS

- If the beef is frozen, thaw it in the refrigerator.
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 to cook it.
- Add the onions and sauté for 2 minutes, or until onions are tender.
- Add the Southwest Spice Blend, ground cumin seed, garlic powder, salt, and tomato paste to the browned meat. Blend the mixture well and bring the mixture to a simmer. Add the water and lemon juice. Simmer the mixture for 25-30 minutes, until the mixture turns dark red and the desired temperature is reached.
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.
- If the lettuce greens are not prewashed, separate the lettuce leaves. Rinse the produce until cool, running water. Drain the produce thoroughly.

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DIRECTIONS

6. Core and dice tomatoes in ½ inch pieces.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes.

7. If needed, chop the lettuce into bite-sized pieces. Combine all of the salad greens.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes.

8. Combine the cheeses and weigh ½ ounce to determine portion size. Portion ½ ounce of cheese in portion containers.

Portion 1 ounce of salsa in portion containers.

Portion 1 ounce of chips (about 13) in each portion container.

CCP: Hold the cheese and salsa under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes.

9. To assemble the salads:

- Fill the salad container with 2 cups of mixed greens.
- Place ¼ cup of diced tomatoes in the top right corner of the salad tray.
- In the left top corner, add ½ ounce of container of shredded cheese.
- In the bottom left corner, place 1 ounce container of salsa.

Cover the salads and place them in the refrigerator until ready for service.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes.

10. On the serving line, portion #10 scoop of taco meat in the middle of the salad. Taco meat may also be portioned in a container and placed in the middle of the salad. Service with 1 ounce of tortilla chips.

11. Portion 1 Taco Salad per serving. Each portion provide 2½ oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 3/8 cup red/orange vegetable, ½ cup green vegetable, and ½ cup other vegetable.

CCP: Hold and maintain the beef product at a minimum 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 within an additional 4 hours.

CCP: Hold and maintain the lettuce, tomato, cheeses and salsa under refrigeration (41 degrees F or lower). Check the temperature every 30 minutes. Unassembled leftovers should be covered, labeled and dated then refrigerated at 41 degrees F or lower.

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.

SERVING NOTES

Taco meat may be served on the side of the salad.

NUTRIENTS PER SERVING

Calories	394	Dietary Fiber	5.57 g	Sodium	604.00 mg	Sat. Fat	7.41 g
Carbohydrates	31.84 g	Protein	19.42 g	Total Fat	20.60 g	Trans Fat	0.00 g