

CRISPY BEEF TACO (WGR)-USDA FOODS

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	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
Taco Shell, Crunchy, WGR, #2140	200 shells
Salsa, Bulk, #2823	3 quarts + 1 cup
Cheese, American, Grated/Shredded, #1306	1 pound + 9 ounces
Cheese, Mozzarella, Shredded, #1307	1 pound + 9 ounces
Salad Mix, Iceberg, Carrot, Red Cabbage, #4012	4 pounds + 2 ounces
Tomatoes, Whole, Red, Ripe, Raw, #4110	1 pound + 4 ounces

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 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 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.
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.

CRISPY BEEF TACO (WGR)-USDA FOODS

DIRECTIONS

8. For 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 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.

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.

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	384	Dietary Fiber	3.10 g	Sodium	452.00 mg	Sat. Fat	7.90 g
Carbohydrates	24.27 g	Protein	18.50 g	Total Fat	23.70 g	Trans Fat	0.00 g