

Beef or Pork Taco

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-13

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat) OR Raw ground pork (no more than 20% fat)	6 lb 6 oz		12 lb 12 oz		1. Brown ground beef or pork. Drain. Continue immediately.
*Fresh onions, chopped OR Dehydrated onions	5 oz OR 1 oz	¾ cup 2 Tbsp OR ½ cup	10 oz OR 2 oz	1 ¾ cups OR 1 cup	2. Add onions, granulated garlic, pepper, tomato paste, water, and seasonings. Blend well. Bring to boil. Reduce heat and simmer for 25-30 minutes. Stir periodically.
					CCP: Heat to 155 ° F for at least 15 seconds.
					3. CCP: Hold for hot service at 135° F or higher.
Granulated garlic		1 Tbsp 1 ½ tsp		3 Tbsp	
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Canned tomato paste	14 oz	1 ½ cups 1 Tbsp (⅓ No. 10 can)	1 lb 12 oz	3 cups 2 Tbsp (¼ No. 10 can)	
Water		1 qt		2 qt	
†Seasonings					
Chili powder		2 Tbsp		¼ cup	
Ground cumin		1 Tbsp 1 ½ tsp		3 Tbsp	
Paprika		1 ½ tsp		1 Tbsp	
Onion powder		1 ½ tsp		1 Tbsp	
Reduced fat Cheddar cheese, shredded	1 lb 10 oz	1 qt 2 ½ cups	3 lb 4 oz	3 qt 1 cup	4. For topping: Set cheese aside for step 5. Combine lettuce and tomatoes. Toss lightly. Set mixture aside for step 5.
*Fresh lettuce, shredded	2 lb 7 oz	1 gal 2 cups	4 lb 14 oz	2 gal 1 qt	
*Fresh tomatoes, chopped	1 lb 5 oz	2 ¾ cups 2 Tbsp	2 lb 10 oz	1 qt 1 ¾ cups	
Enriched taco shells (at least 0.45 oz each)		100 each		200 each	5. Serving suggestions (2 tacos per serving) A. Before serving or on serving line, fill each taco shell with a No. 30 scoop (2 Tbsp) meat mixture. On each student tray, serve 2 tacos, No. 10 scoop (¾ cup) lettuce and tomato mixture, and ½ oz (2 Tbsp) shredded cheese. OR B.1. Preportion No. 10 scoop (¾ cup) lettuce and tomato mixture and ½ oz (2 Tbsp) shredded cheese into individual soufflé cups. Refrigerate until

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	service. B.2. Transfer meat mixture and taco shells to steamtable pans. On each student tray, serve 2 unfilled taco shells, 2 No. 30 scoops (¼ cup ½ tsp) meat mixture, with preportioned lettuce and tomato mixture and preportioned cheese. Instruct students to "build" their own tacos.
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Comments:
*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ¼ cup 1 ½ tsp Mexican Seasoning Mix. For 100 servings, use ½ cup 1 Tbsp Mexican seasoning Mix.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Mature onions	6 oz	12 oz
Head lettuce	3 lb 4 oz	6 lb 8 oz
Tomatoes	1 lb 9 oz	3 lb 2 oz

SERVING:	YIELD:	VOLUME:
2 tacos provide 2 oz equivalent meat/meat alternate, ½ cup of vegetable, and 1 serving of grains/breads.	50 Servings: about 7 lb 4 oz (filling) about 15 lb 10 oz	50 Servings: 3 quarts 1 ⅓ cups (filling) 100 tacos
	100 Servings: about 14 lb 8 oz (filling) about 31 lb 4 oz	100 Servings: 1 ½ gallons 2 ⅔ cups (filling) 200 tacos

Tested 2004

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Nutrients Per Serving					
Calories	299	Saturated Fat	5.80 g	Iron	2.43 mg
Protein	18.26 g	Cholesterol	46 mg	Calcium	200 mg
Carbohydrate	20.36 g	Vitamin A	600 IU	Sodium	253 mg
Total Fat	16.36 g	Vitamin C	8.2 mg	Dietary Fiber	3.0 g