

# Beef or Pork Taco

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-24

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 24% fat) OR	3 lb 4 oz		6 lb 7 oz		1. Brown ground beef or pork. Drain.
Raw ground pork (no more than 24% fat)	3 lb 4 oz		6 lb 7 oz		
Dehydrated onions OR		2 Tbsp 1 tsp		1/4 cup 2 tsp	2. Add onions, garlic powder, pepper, tomato paste, water, and seasoning. Blend well. Bring to boil. Reduce heat and simmer for 25-30 minutes.  CCP Heat to 155 degrees for at least 15 seconds.
*Onions, chopped		1/4 cup 3 Tbsp	5 oz	3/4 cup 2 Tbsp	
Garlic powder		2 1/4 tsp		1 Tbsp 1/2 tsp	
Black pepper		1 tsp		2 tsp	
Tomato paste	7 oz	3/4 cup	14 oz	1 1/2 cups	
Water		2 cups		1 qt	
Seasonings: Chili powder		1 Tbsp		2 Tbsp	
Ground cumin		2 1/4 tsp		1 Tbsp 1 1/2 tsp	
Paprika		3/4 tsp		1 1/2 tsp	
Onion powder		3/4 tsp		1 1/2 tsp	
Cheddar cheese, shredded	13 oz	3 3/4 cups	1 lb 10 oz	1 qt 3 1/2 cups	3. For topping: Set cheese aside for step 4. Combine tomatoes and lettuce. Toss lightly and set aside for step 4.
*Fresh tomatoes, chopped	10 oz	1 1/2 cups	1 lb 4 oz	3 cups	
*Fresh lettuce, shredded	1 lb 1 oz	2 qt 1/2 cup	2 lb 2 oz	1 gal 1 cup	
Taco shells (at least .45 oz each)		50 each		100 each	4. CCP Hold for hot service at 140 degrees F or higher.  Serving suggestions: Serve 2 tacos per person one of the following ways:  A. Before serving, fill each taco shell with 2 Tbsp meat mixture. On each plate serve: 2 tacos, No. 10 scoop (3/8 cup) lettuce-tomato mixture, and 1/2 oz (2 Tbsp 1 tsp) shredded cheese. OR  B.1. Pre-portion No. 10 scoop (3/8 cup) lettuce-tomato mixture and 1/2 oz (2 Tbsp 1 tsp) shredded cheese into individual soufflé cups. Refrigerate until service.

# Beef or Pork Taco

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-24

B.2. Transfer meat mixture and taco shells to steamtable pans or place on tables. For each child, serve 2 unfilled taco shells, No. 16 scoop (1/4 cup) meat mixture, 1 pre-portioned soufflé cup of lettuce-tomato mixture, and 1 pre-portioned soufflé cup of shredded cheese. Instruct children to "build" their own tacos.

\*See Marketing Guide

## Marketing Guide

Food as Purchased	For 25 Svgs	For 50 Svgs
Mature onions	3 oz	5 3/4 oz
Tomatoes	10 oz	1 lb 4 1/2 oz
Head lettuce	1 lb 7 oz	2 lb 13 oz

### SERVING:

2 tacos provide the equivalent of 2 oz of cooked lean meat, 1/2 cup of vegetable, and the equivalent of 1 slice of bread

### YIELD:

**25 Servings:** 50 tacos

**50 Servings:** 100 tacos

### VOLUME:

**25 Servings:**

**50 Servings:**

## Nutrients Per Serving

<b>Calories</b>	311	<b>Saturated Fat</b>	7.0 g	<b>Iron</b>	2.2 mg
<b>Protein</b>	17 g	<b>Cholesterol</b>	51 mg	<b>Calcium</b>	165 mg
<b>Carbohydrate</b>	20 g	<b>Vitamin A</b>	101 RE/724 IU	<b>Sodium</b>	232 mg
<b>Total Fat</b>	18.7 g	<b>Vitamin C</b>	7 mg	<b>Dietary Fiber</b>	3 g