

# Bean Taco

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-24A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Dry pinto beans, cooked (see preparation note) OR	3 lb 9 oz	2 qt 1 1/2 cups	7 lb 2 oz	1 gal 3 cups	1. Puree cooked dry pinto beans or canned pinto beans, drained, to a smooth consistency.
Canned pinto beans, drained		2 qt 2 1/2 cups		1 No. 10 can 2 qt 1 cup	
Dehydrated onions OR		2 Tbsp 1 tsp		1/4 cup 2 tsp	2. Mix 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 bean 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.

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B.2. Transfer bean 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) bean 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

Pinto beans, dry

1 lb 8 oz

3 lb

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

### PREPARATION NOTE: SOAKING BEANS

Overnight method: Add 1 3/4 qt cold water to every lb of dry beans. Cover. Let stand overnight in refrigerator.

Quick-soak method: Boil 1 3/4 qt water for each lb of dry beans. Pour beans in and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

### COOKING BEANS

Once the beans have been soaked, add 1/2 tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately or,  
CCP Hold for hot service at 140 degrees F.

Or, chill for later use. If chilling:  
CCP Cool to 70 degrees F within 2 hours and to 41 degrees F within an additional 4 hours.

1 lb dry beans=about 2 1/2 cups dry or 6 1/4 cups cooked beans.