

Taco Salad

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 24% fat)	3 lb 4 oz		6 lb 7 oz		1. Brown ground beef. Drain off fat. CCP Heat to 155 degrees F for 15 seconds.
*Onions, chopped OR		1/4 cup 3 Tbsp	5 oz	3/4 cup 2 Tbsp	2. Add onions, garlic powder, pepper, tomato paste, water, and seasonings. Blend well. Bring to boil. Reduce heat. Simmer for 25-30 minutes. CCP Hold for hot service at 140 degrees F or higher.
Dehydrated onions		2 Tbsp 1 tsp		1/4 cup 2 tsp	
Garlic powder		2 1/4 tsp		1 Tbsp 1 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	
*Fresh lettuce, shredded	2 lb	1 gal	4 lb	2 gal	3. Combine lettuce and tomatoes. Toss lightly.
*Fresh tomatoes, chopped	14 oz	2 1/4 cups	1 lb 12 oz	1 qt 1/2 cup	
Taco shell pieces OR	1 lb 3 oz	3 qt 1/2 cup	2 lb 6 oz	1 gal 2 qt 1 cup	4. Assemble and Serve. Serving suggestions: A. Assemble each salad as follows, or in preferred order: 1st layer: about 3/4 oz (1/2 cup) taco shell pieces or 1 tostada shell
Tostada shells (.7 oz each)	1 lb 2 oz	25 each	2 lb 3 oz	50 each	2nd layer: 1 3/4 oz (3/4 cup) lettuce-tomato mixture 3rd layer: No. 16 scoop (1/4 cup) meat mixture 4th layer: 1/2 oz (2 Tbsp 1 tsp) shredded cheese OR
Cheddar cheese, shredded	13 oz	3 3/4 cups	1 lb 10 oz	1 qt 3 1/2 cups	B. (1) Pre-portion into 2 individual souffle cups: 1 3/4 oz (3/4 cup) lettuce-tomato mixture and 1/2 oz (2 Tbsp 1 tsp) shredded cheese. Refrigerate until ready to serve.

Taco Salad

Meat/Meat Alternate-Vegetable-Grains/Breads

Salads and Salad Dressings

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(2) Transfer meat mixture and taco shell pieces or tostada shells into steam table pans. Serve 3/4 oz (1/2 cup) taco shell pieces or 1 tostada shell. Top with No. 16 scoop (1/4 cup) meat mixture. Add 1 preportioned soufflé cup of lettuce-tomato mixture and 1 preportioned soufflé cup of shredded cheese. Instruct children how to "build their own taco salad."

5. If desired, serve with taco sauce.

*See Marketing Guide

Marketing Guide

Food as Purchased	For 25 Svgs	For 50 Svgs
Mature onions	3 oz	5 3/4 oz
Head lettuce	2 lb 11 oz	5 lb 6 oz
Tomatoes	14 oz	1 lb 12 1/2 oz

SERVING:	YIELD:	VOLUME:
1 salad provides the equivalent of 2 oz of cooked lean meat, 3/4 cup vegetable, and the equivalent of 3/4 slice of bread	25 Servings: 25 salads 50 Servings: 50 salads	25 Servings: 50 Servings:

Nutrients Per Serving

Calories	291	Saturated Fat	6.9 g	Iron	2.2 mg
Protein	16 g	Cholesterol	52 mg	Calcium	161 mg
Carbohydrate	18 g	Vitamin A	108 RE/794 IU	Sodium	216 mg
Total Fat	17.6 g	Vitamin C	9 mg	Dietary Fiber	3 g