



Recipe Production

Printed: 06/22/2025 1:26 PM

Recipe Number: MV065

Recipe Name: Cheesy Taco Baked Potato

Hot: Yes

Recipe Source: Cook Book

HACCP Process Category:

Complex

Serving Description: 1 Each

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	1 Each				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
1203	FLOUR AP 50 LB	10	Ounce	24 3/4	Gram	(Unassigned)
1501	BUTTER SOLID UNSLTD	10	Ounce	24 3/4	Gram	(Unassigned)
1500	MILK, 1%, LOWFAT	1	Gal.	1 1/3	Cup	(Unassigned)
9004	CHEESE CHED SHRED 30 LB	4	Pound	6 2/3	Ounce	(Unassigned)
1011	SALT KOSHER	1	Ounce	2 1/3	Gram	(Unassigned)
3001	BEEF GROUND FRESH 85/15	12	Pound	8	Ounce	(Unassigned)
2502	BEANS RED FCY 6/10	5	Pound	14 2/3	Ounce	(Unassigned)
1015	SPICE TACO SEASONING 25 LB	2	Pound	14 3/4	Ounce	(Unassigned)
TAP	WATER	3081	Gram			(Unassigned)
2587	POTATO 70 CT 50LB	46	Pound	15	Ounce	(Unassigned)

Cooking Instructions

Cooking Temperature: 0

Cooking Times:

Hours: 0

Minutes: 0

Pre-Preparation Instructions

Ground beef (15% fat) yields: 75%

Drained canned beans yield 64%

Baked potatoes yield 82%

Broccoli yield 81%

1. Gather the cheese sauce ingredients together:

FLOUR

BUTTER SOLID UNSLTD

MILK, 1%

CHEESE CHED SHRED

SALT KOSHER

2. Gather the beef ingredients together:

BEEF GROUND FRESH

BEANS RED

SPICE TACO SEASONING

WATER

3. Wash and chop broccoli into florets.

4. Preheat oven to 375 degrees.

Preparation Instructions

1. Prepare the cheese sauce:



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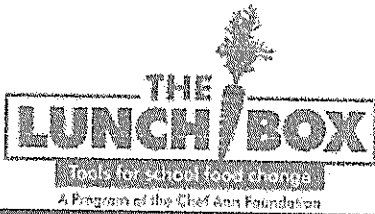
- Heat butter until melted, then add flour. Whisk until a blonde roux is reached.
 - Whisk in milk until well combined. Bring to a simmer.
 - One a thick bechamel sauce is achieved, whisk in cheese and salt.
- Prepare the beef mixture:
 - In tilt skillet, cook the beef for approximately 20 minutes or until it reaches 165 degrees. Be sure to drain off the fat.
 - Puree kidney beans with enough water to blend.
 - Add all ingredients to the tilt skillet and bring to a simmer.
 - Continue mixing, making sure the beans do not stick to the tilt skillet.
 - Once mixture has simmered for 5 minutes and is thoroughly cooked, portion into hotel pans. (12.79 lb per pan).
 - Prepare the potatoes and broccoli:
 - Clean potatoes, then wrap into individual aluminum sheets.
 - Bake 45 minutes in 375 degree oven.
 - Blanch and shock the broccoli and cool.
 - Reheating instructions:
 - Reheat baked potatoes wrapped in foil at 350 degrees for 45 min. or until soft. Leave in the foil.
 - Reheat the cheese sauce and taco meat.

Serving Instructions

Assembly for service:

- Slice a cut into potato through the foil.
- Squeeze ends of potato to create an opening for the toppings.
- Add 3 oz taco meat per baked potato, 2oz Cheese Sauce, and 1/4 cup Broccoli.

Nutrient	Unit	Recipe Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Missing
Food Energy	kcal	29,920.4314	124.5549	299.2043	
Saturated Fat	g	598.6493	2.4921	5.9865	18.01
Sodium	mg	142,283.5781	592.3082	1,422.8358	
Total Trans	g	53.0163	0.2207	0.5302	*
Total Fat	g	1,364.0345	5.6783	13.6403	41.03
Cholesterol	mg	5,151.1563	21.4436	51.5116	
Carbohydrate	g	2,260.3390	9.4095	22.6034	30.22
Total Dietary Fiber	g	429.1269	1.7864	4.2913	
Protein	g	2,088.5105	8.6942	20.8851	27.92
Vitamin A (RE)	RE	23,754.3505	98.8863	237.5435	
Vitamin A (IU)	IU	108,507.3464	451.7021	1,085.0735	
Vitamin C	mg	1,150.1917	4.7881	11.5019	
Calcium	mg	22,860.8326	95.1667	228.6083	
Iron	mg	336.6186	1.4013	3.3662	*
Moisture	g	15,505.6926	64.5482	155.0569	*
Ash	g	242.2367	1.0084	2.4224	*



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Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
1203	FLOUR AP 50 LB	1.00	(Unassigned)	0	0.68	LB	/
1501	BUTTER SOLID UNSLTD	1.00	(Unassigned)	0	0.68	LB	/
1500	MILK, 1%, LOWFAT	1.00	(Unassigned)	1	0.09	GAL	/
9004	CHEESE CHED SHRED 30 LB	1.00	(Unassigned)	4	0.42	LB	/
1011	SALT KOSHER	1.00	(Unassigned)	0	0.02	BOX (3 LB)	/
3001	BEEF GROUND FRESH 85/15	1.00	(Unassigned)	12	0.50	LB	/
2502	BEANS RED FCY 6/10	1.00	(Unassigned)	0	0.85	CAN (111 OZ)	/
1015	SPICE TACO SEASONING 25 LB	1.00	(Unassigned)	2	0.93	LB	/
TAP	WATER	1.00	(Unassigned)	0	0.81	Pound	/
2587	POTATO 70 CT 50LB	1.00	(Unassigned)	46	0.94	LB	/

REPORT CRITERIA:

Sections Filter(s):

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