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BEEF OR PORK TACO USDA

SERVINGS: 100 CALORIES: 299 KCAL

Tacos are a kid-favorite, and these can be made with ground beef or pork. Savory spices, crunchy shells, and crisp veggies make a great meal.

INGREDIENTS

12.75 pounds Raw ground beef or raw ground pork (6 pounds, 6 ounces)
 10 ounces Fresh onions, chopped or 1 ounce dehydrated onions
 3 tablespoons Granulate garlic (1 tablespoon, 1½ teaspoons)
 4 teaspoons Ground black or white pepper
 28 ounces Canned tomato paste
 2 quart Water
 4 tablespoons Chili powder
 3 tablespoons Ground Cumin (1 tablespoon, 1½ teaspoons)
 3 teaspoons Paprika
 3 teaspoons Onion powder
 3.25 pounds Reduced fat Cheddar cheese, shredded (1 pound, 10 ounces)
 4.88 pounds Fresh lettuce, shredded (2 pounds, 7 ounces)
 2.63 pounds Fresh tomatoes, chopped (1 pound, 5 ounces)
 200 each Enriched taco shells

INSTRUCTIONS

1. Brown ground beef or pork. Drain. Continue immediately.
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.
3. For topping: Set cheese aside for step 5. Combine lettuce and tomatoes. Toss lightly. Set mixture aside for step 5.
4. 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 1/2 oz (2 Tbsp) shredded cheese.
 - OR
 - B.1. Preportion No. 10 scoop (¾ cup) lettuce and tomato mixture and 1/2 oz (2 Tbsp) shredded cheese into individual souffle cups. Refrigerate until service.
 - B.2. Transfer meat mixture and taco shells to steam table pans. On each student tray, serve 2 unfilled taco shells, 2 No. 30 scoops (1/4 cup 1/2 tsp) meat mixture, with preportioned lettuce and tomato mixture and preportioned cheese. Instruct students to "build" their own tacos.

RECIPE NOTES

CCP: Heat to 155 ° F for at least 15 seconds.
 CCP: Hold for hot service at 135° F or higher.

Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use 1/4 cup 1 1/2 tsp Mexican Seasoning Mix.

Crediting: 2 tacos provide 2 oz meat/meat alternate, 1/2 cup of vegetable, and 1 oz grain equivalent

NUTRITION FACTS PER SERVING (2TACOS)

Calories: 299 kcal | Fat: 16.36 g | Saturated fat: 5.8 g | Cholesterol: 46 mg | Sodium: 253 mg | Carbohydrates: 20.36 g | Fiber: 3 g | Protein: 18.26 g

The outcome, crediting information, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.

Recipe ID: 3044

