

Beef or Pork Taco (Using Canned Meats)

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-13B

| Ingredients | 50 Servings | | 100 Servings | | Directions |
|--|--|--|-------------------------------------|--|---|
| | Weight | Measure | Weight | Measure | |
| Canned beef with natural juices, undrained OR Canned pork with natural juices, undrained | 9 lb 4 oz OR 9 lb 4 oz | 5 ⅞ No. 2 ½ cans OR 5 ⅞ No. 2 ½ cans | 18 lb 8 oz OR 18 lb 8 oz | 10 ¼ No. 22 cans OR 10 ¼ No. 22 cans | 1. Remove fat from undrained canned beef or undrained canned pork. |
| *Fresh onions, chopped OR Dehydrated onions | 5 oz OR 1 oz | ¾ cup 2 Tbsp OR ½ cup | 10 oz OR 2 oz | 1 ¾ cups OR 1 cup | |
| | | | | | 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. |
| | | | | | CCP: Heat to 140° F for at least 15 seconds. |
| | | | | | 3. CCP: Hold for hot service at 135° F or higher. |
| Granulated garlic | 1 Tbsp 1 ½ tsp | | 3 Tbsp | | |
| Ground black or white pepper | 2 tsp | | 1 Tbsp 1 tsp | | |
| Canned tomato paste | 14 oz | 1 ½ cups 1 Tbsp (⅞ No. 10 can) | 1 lb 12 oz | 3 cups 2 Tbsp (¼ No. 10 can) | |
| Water | 2 cups | | 1 qt | | |
| †Seasonings Chili powder Ground cumin Paprika Onion powder | 2 Tbsp 1 Tbsp 1 ½ tsp 1 ½ tsp 1 ½ tsp | | ¼ cup 3 Tbsp 1 Tbsp 1 Tbsp | | |
| Reduced fat Cheddar cheese, shredded | 1 lb 10 oz | 1 qt 2 ½ cups | 3 lb 4 oz | 3 qt 1 cup | 4. For topping: Set cheese aside for step 5. Combine tomatoes and lettuce. Toss lightly. Set mixture aside for step 5. |
| *Fresh tomatoes, chopped | 1 lb 5 oz | 2 ¾ cups | 2 lb 10 oz | 1 qt 1 ½ cups | |
| *Fresh lettuce, shredded | 2 lb 7 oz | 1 gal 2 cups | 4 lb 14 oz | 2 gal 1 qt | |
| Enriched taco shells (at least 0.45 oz each) | 100 each | | 200 each | | 5. Serving suggestions (2 tacos per serving) A. Before serving or on serving line, fill each taco shell with a No. 12 scoop (⅓ cup) meat mixture per two shells. On each student tray, serve 2 tacos, No. 10 scoop (¾ cup) lettuce and tomato mixture, and ½ oz (2 Tbsp 1 tsp) shredded cheese. OR B.1. Preportion No. 10 scoop (¾ cup) lettuce and tomato mixture and ½ oz (2 Tbsp 1 tsp) shredded cheese into individual soufflé cups. Refrigerate until |
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service.
B.2. Transfer meat mixture and taco shells to steamtable pans. On each student tray, serve 2 unfilled taco shells, 2 No. 12 scoops ($\frac{2}{3}$ cup) meat mixture, with preportioned lettuce and tomato mixture and preportioned cheese. Instruct students to "build" their own tacos.

Comments:

*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use $\frac{1}{4}$ cup 1 $\frac{1}{2}$ tsp Mexican Seasoning Mix. For 100 servings, use $\frac{1}{2}$ cup 1 Tbsp Mexican Seasoning Mix.

Marketing Guide for Selected Items

| Food as Purchased for | 50 Servings | 100 Servings |
|-----------------------|-------------|--------------|
| Mature onions | 6 oz | 12 oz |
| Tomatoes | 1 lb 9 oz | 3 lb 2 oz |
| Head lettuce | 3 lb 4 oz | 6 lb 8 oz |

SERVING:

2 tacos provide 2 oz equivalent meat/meat alternate, $\frac{1}{2}$ cup of vegetable, and 1 serving of grains/breads.

YIELD:

50 Servings: about 15 lb 10 oz

100 Servings: about 31 lb 4 oz

VOLUME:

50 Servings: 100 tacos

100 Servings: 200 tacos

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| Nutrients Per Serving | | | | | |
|-----------------------|---------|---------------|--------|---------------|---------|
| Calories | 246 | Saturated Fat | 3.80 g | Iron | 2.23 mg |
| Protein | 14.88 g | Cholesterol | 36 mg | Calcium | 192 mg |
| Carbohydrate | 20.36 g | Vitamin A | 600 IU | Sodium | 362 mg |
| Total Fat | 12.05 g | Vitamin C | 8.2 mg | Dietary Fiber | 3.0 g |