

Chicken or Turkey Taco

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-13C

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
*Cooked chicken or turkey, chopped	4 lb 12 oz	3 qt 3 cups	9 lb 8 oz	1 gal 3 ½ qt	1. Use either cooked chopped chicken or cooked chopped turkey.
*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 165° F for 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 (⅓ No. 10 can)	1 lb 12 oz	3 cups 2 Tbsp (¼ No. 10 can)	
Water		1 ½ qt		3 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. 30 scoop (2 Tbsp) meat mixture. 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 service. B.2. Transfer meat mixture and taco shells to steamtable pans. On each student tray,

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serve 2 unfilled taco shells, 2 No. 30 scoops (¼ cup ½ tsp) 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 ¼ cup 1 ½ tsp Mexican Seasoning Mix. For 100 servings, use ½ cup 1 Tbsp Mexican Seasoning Mix.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Chicken, whole, without neck and giblets OR	13 lb 4 oz OR	26 lb 8 oz OR
Turkey, whole, without neck and giblets	10 lb 2 oz	20 lb 4 oz
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 1 ¾ oz equivalent meat/meat alternate, ½ 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: 3 quarts 1 cup (filling)
100 tacos

100 Servings: 1 gallon 2 ½ quarts (filling)
200 tacos

Tested 2004

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Nutrients Per Serving					
Calories	264	Saturated Fat	3.51 g	Iron	1.77 mg
Protein	19.10 g	Cholesterol	47 mg	Calcium	195 mg
Carbohydrate	20.36 g	Vitamin A	623 IU	Sodium	252 mg
Total Fat	12.22 g	Vitamin C	8.2 mg	Dietary Fiber	3.0 g