

Bean Taco

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-13A

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned pinto beans, drained OR *Dry pinto beans, cooked (see Special Tip)	8 lb 7 oz OR 8 lb 7 oz	1 gal 3 cups (2 No. 10 cans) OR 1 gal 2 ½ cups	16 lb 14 oz OR 16 lb 14 oz	2 gal 1 ½ qt (4 No. 10 cans) OR 2 gal 1 ¼ qt	1. Heat canned pinto beans before draining. Puree beans to a smooth consistency.
*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 155 ° 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		1 qt		2 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, diced	1 lb 5 oz	2 ¾ cups 2 Tbsp	2 lb 10 oz	1 qt 1 ¾ 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. 20 scoop (about 3 Tbsp) bean 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

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service.
B.2. Transfer bean mixture and taco shells to steamtable pans. On each student tray, serve 2 unfilled taco shells, 1 No. 10 scoop ($\frac{3}{4}$ cup) bean 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
Head lettuce	3 lb 4 oz	6 lb 8 oz
Tomatoes	1 lb 9 oz	3 lb 2 oz
Dry pinto beans	3 lb 9 oz	7 lb 2 oz

SERVING:

2 tacos provide 1 $\frac{3}{4}$ oz equivalent meat/meat alternate, $\frac{1}{2}$ cup of vegetable, and 1 serving of grains/breads.

YIELD:

50 Servings: about 11 lb 3 oz (filling)
about 19 lb 9 oz

100 Servings: about 22 lb 6 oz (filling)
about 39 lb 2 oz

VOLUME:

50 Servings: 1 gallon 1 quart (filling)
100 tacos

100 Servings: 2 gallons 2 quarts (filling)
200 tacos

Tested 2004

Special Tip:

SOAKING BEANS

Overnight method: Add 1 $\frac{3}{4}$ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-soak method: Boil 1 $\frac{3}{4}$ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add $\frac{1}{2}$ tsp salt for every lb of dry beans.

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Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.
CCP: Hold for hot service at 135° F.
OR

Chill for later use.
CCP: Cool to 70° F within 2 hours and to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans = about 2 ¾ cups dry or 5 ¼ cups cooked pinto beans.

Nutrients Per Serving					
Calories	249	Saturated Fat	2.69 g	Iron	2.67 mg
Protein	11.37 g	Cholesterol	8 mg	Calcium	226 mg
Carbohydrate	32.14 g	Vitamin A	601 IU	Sodium	536 mg
Total Fat	9.31 g	Vitamin C	8.6 mg	Dietary Fiber	5.7 g