

# Beef Taco

HACCP Process: \_\_\_\_\_ 1 – No Cook \_\_\_\_\_ 2 – Cook & Same Day Serve   X   3 – Cook, Cool, Reheat, Serve \_\_\_\_\_ 4 – SOP Controlled

| <b>Ingredients</b><br>* Indicates a commodity item<br>(Local) Indicates a local item  | Servings   |   | <b>Directions:</b> Include <i>step-by- step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).   |
|---|--|---|--|
|   | 50   | 100   |  |
| 50 – 8” Whole wheat tortillas*<br><br><b>Filling:</b><br>Ground beef* (or Local)<br>Water<br>Lentils (Local)<br>Onion flakes, dehydrated<br>Refried beans*<br>Tomato paste*(reduced sodium)<br>Salsa*<br><br>Water<br>Taco seasoning<br><br><b>Toppings:</b><br>Romaine – (Local, when in season)<br>Nonfat cheddar cheese*<br>Tomatoes, chopped– (Local, when in season)<br>Onions, chopped– (Local, when in season) | 50 – 8” shells<br><br>5 lbs (raw)<br>1 qt<br>¾ cup<br>2 Tbsp<br>1 lb + 12 ½ oz<br>1 lb + 13 ½ oz<br>¾ cup<br><br>¾ cup<br>½ cup<br><br>1 lb + 9 5/8 oz<br>1 lb + 2 ½ oz<br>1 cup + 1 Tbsp<br>1/3 cup | 100 – 8”<br><br>10 lbs (raw)<br>2 qts<br>1 ½ cup<br>¼ cup<br>3 lbs 9 oz<br>3 lbs 11 oz<br>1 ½ cup<br><br>1 ½ cup<br>1 cup<br><br>3 lbs + 3 ¼ oz<br>2 lbs + 5 oz<br>2 1/8 cup<br>2/3 cup | <b>Advanced Preparation instructions:</b><br>Take hamburger out of freezer 6 days before meal is to be served, follow SOP’s.<br><br><b>Cooking Instructions:</b><br>1. Place hamburger into the small (40 gallon) jacketed steam kettle at 6:30 a.m. Cook until browned and no longer pink. With the paddle chop the meat until it resembles small crumbs, add onion, beans, tomato paste, salsa, and taco seasoning with water and continue to simmer for 1 hour. Make sure temp. is 165° or above.<br>2. Cook lentils in your water until tender. Never add any spice or salt to lentils when cooking. Take lentils out and mash or puree. Add to the cooked hamburger mixture and mix well.<br><br><b>Transportation Instructions:</b> Record temperature, keep above 140°. |
|   |  |   | <b>Serving Instructions:</b> Place taco shell down, #16 scoop of meat, ½ ounce of cheese, then lettuce, tomato, and onion. Hot sauce if desired.<br><br><b>Leftover Instructions:</b> Any remaining product will be placed into a hotel pan ½ full. Cover lightly and let chill overnight. Place in clean plastic bucket, label with date and freeze.<br><br><b>Serving Sizes:</b> 1-8” tortilla, #16 scoop of meat, ½ ounce of cheese, ¼ cup of shredded lettuce.   |

Serving Size 1 taco Pan Size \_\_\_\_\_

Yield \_\_\_\_\_ Number of Pans \_\_\_\_\_

**1 Serving Provides:**

1.5 oz. Meat/Meat Alternative  
Fruit  
1.75 oz. Grains/Breads (1.75 oz. whole grain)  
3/8 cup Vegetable  
(1/4 cup red/orange, 1/8 cup dark green)

**Oven Temperature & Baking Time:**

|              | Temperature | Minutes |
|--------------|-------------|---------|
| Conventional | _____       | _____   |
| Convection   | _____       | _____   |

If available, **Nutrition Analysis:** **Serving Size:** \_\_\_\_\_

|                                       |                               |                             |
|---------------------------------------|-------------------------------|-----------------------------|
| <u>233</u> Calories                   | <u>1.76</u> Saturated Fat (g) | <u>9.1</u> Vitamin C (mg)   |
| <u>17.3</u> Protein (g)               | <u>423</u> Sodium (mg)        | <u>160.5</u> Vitamin A (IU) |
| <u>5.6</u> Total Fat (g)              | <u>6.9</u> Fiber (g)          | <u>151.4</u> Calcium (mg)   |
| <u>21.6</u> % Calories from Total Fat |                               | <u>3.11</u> Iron (mg)       |

This recipe is from Marsha Wartick at Ronan Public Schools, Ronan, Montana.