

Taco Soup

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

Ingredients * Indicates a commodity item (Local) Indicates a local item	Servings		Directions: 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	
Hamburger* (or Local) Taco seasoning Kidney beans* Black beans Diced tomatoes* Tomato sauce* Corn* Water Ranch mix seasoning packet	7 ½ lbs (raw) ¼ cup 1 #10 can ¾ #10 can ½ #10 can 1 #10 can ½ #10 can 1 gal 1 5/8 oz	15 lb raw ½ cup 2 #10 cans 1 ½ #10 can 1 #10 can 2 #10 cans 1 #10 can 2 gal 3 ¼ oz	Cook Hamburger to 165° F. Drain grease. Season to taste with taco seasoning as though you were making taco meat. Add the rest of the ingredients. Ranch mix is optional but gives it more flavor. You may need to add more water depending on thickness you like. Heat to a temp of at least 165°F and serve. We usually serve this with corn chips and shredded cheese.

Serving Size 3/4 cup Pan Size _____

Yield _____ Number of Pans _____

1 Serving Provides:

1.75 oz Meat/Meat Alternative
 (beans counted as vegetable)
 _____ Fruit
 _____ Grains/Breads
5/8 cup Vegetable
 (1/4 cup legume, 3/8 cup red/orange)

Oven Temperature & Baking Time:

	Temperature	Minutes
Conventional	_____	_____
Convection	_____	_____

If available, **Nutrition Analysis:** **Serving Size:** _____

<u>236</u> Calories	<u>2.62</u> Saturated Fat (g)	<u>3.4</u> Vitamin C (mg)
<u>16.7</u> Protein (g)	<u>488</u> Sodium (mg)	<u>54.7</u> Vitamin A (IU)
<u>6.98</u> Total Fat (g)	<u>4.10</u> Fiber (g)	<u>36.01</u> Calcium (mg)
<u>26.6</u> % Calories from Total Fat		<u>2.50</u> Iron (mg)

This recipe provided by Barb DeZort, Cut Bank Public Schools, Cut Bank, Montana.