

# Taco Soup

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

<b>Ingredients</b> * Indicates a commodity item (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	
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 \_\_\_\_\_

**Oven Temperature & Baking Time:**

Temperature      Minutes

Conventional \_\_\_\_\_

Convection \_\_\_\_\_

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

  236   Calories        2.62   Saturated Fat (g)        3.4   Vitamin C (mg)

  16.7   Protein (g)        488   Sodium (mg)        54.7   Vitamin A (IU)

  6.98   Total Fat (g)        4.10   Fiber (g)        36.01   Calcium (mg)

  26.6   % Calories from Total Fat        2.50   Iron (mg)

**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)

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