

Bean Taco

BY **JEANNE IRWIN**, FORMER FOOD SERVICE DIRECTOR, SOMERVILLE PUBLIC SCHOOLS

Chef Didi says to try putting all ingredients in the taco before service. The lettuce will wilt, but that's okay. That way, kids will eat it all!

3 tablespoons garlic powder
2 teaspoons black pepper
¼ cup chili powder
5 teaspoons cumin
5 teaspoons paprika
4 teaspoons onion powder
2 teaspoons salt
2 cups chopped onions
(about 2 pounds)
28 cups refried beans
(2½ #10 cans)
2½ cups tomato paste
4½ cups kidney beans, drained
(about ½ #10 can)
10 cups water
50 cups shredded iceberg lettuce (9
pounds or 5½ heads)
12½ cups chopped tomatoes
(about 6½ pounds or 16
large tomatoes)
6¼ pounds shredded mozzarella or
cheddar cheese
12½ cups salsa (1 #10 can)
200 1-ounce whole-grain corn
taco shells

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 2 TACOS PER STUDENT, EACH TACO CONSISTING OF 1½ OUNCES TACO SHELL, 1/3 CUP TACO MIX, AND TOPPED WITH 2 TABLESPOONS CHEESE, 1 TABLESPOON SALSA, AND ¼ CUP LETTUCE

Mix spices, onions, refried beans, tomato paste, kidney beans, and water in kettle. Bring to a boil over low heat, stirring often. Reduce heat and simmer for 5 to 10 minutes.

Serve in taco shells or tortillas with a side of lettuce, tomato, shredded cheese, and salsa.

NUTRITIONAL INFORMATION

CALORIES: 270; SODIUM: 785.19 MG; SATURATED FAT: 12.4%

USDA REQUIREMENTS MET

1 OUNCE M/MA
2 OUNCE EQUIVALENTS WHOLE GRAIN
¾ CUP TOTAL VEGETABLES
(¼ CUP RED OR ORANGE VEGETABLE, ¼ CUP LEGUME VEGETABLE,
¼ CUP OTHER VEGETABLE)