Taco-the-Town

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



Process # 2 – Same Day Service

YIELD: 50 Servings 100 Servings

Ingredients	Weight	Measure	Weight	Measure
Tortilla, 10 inch, whole grain rich OR		50 each		100 each
Crunchy Taco Shells, 2 Each		100 each		200 each
Black beans, canned, drained		1 ½gallons + 1 cup		3 gallons + 1 pint
Salsa, canned		³¼gallon + ½cup		1½gallons+1
				cup
Caliente Corn Salsa – see recipe		50 – ½cup		100 – ½ cup

HACOP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

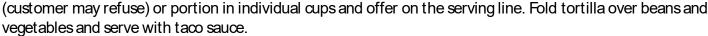
- 1. Combine beans and salsa. Heat in steamer until internal temperature reaches 140°F for 15 seconds. Cover and hold in warmer.
- 2. Steam soft tortillas in package for 2 minutes or until pliable.

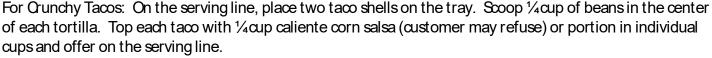
HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACOP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.



For Soft Taco: On the serving line, place one tortilla on the tray. Spread $\frac{1}{2}$ cup of beans in center of the tortilla. Top beans with $\frac{1}{2}$ cup caliente corn salsa





* Optional- Serve one crunchy taco with ½ cup of beans and ½ cup caliente corn salsa as listed above. Serve ½ cup Spanish rice or cilantro seasoned rice with the crunchy taco.

Each option listed above provides 2 meat/meat alternates, 2 ounce equivalent grains (if 10 inch tortilla provide 2 ounce equivalents, 2 crunchy tacos, 1 crunchy taco and ½ cup rice) and 1/8 cup red/orange vegetable. Caliente corn salsa provides ¼ cup starchy and ¼ cup red/orange vegetable.

Nutrition Information * From USDA Nutrient Database

Calories: 390 Total Fat: 8g Saturated Fat: 0.5g Carbohydrate: 67g (16g fiber) Protein: 16g Sodium: 812mg

Tasty Taco Filling HEALTHY, DELIGIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



Process # 2 – Same Day Service

YIELD: 50 Servings 100 Servings

		-		0
Ingredients	Weight	Measure	Weight	Measure
Beefless crumbles, similar to Beyond	6 lbs. 4 oz.		12 lbs. 8 oz.	
Meat				
Water		1 quart		2 quarts
Onion Powder		3 Tbsp.		3/8 cup
Chili Powder		1 ½ Tbsp.		3 Tbsp.
Qumin		1 ½ Tbsp.		3 Tbsp.
Paprika		1 ½ Tbsp.		3 Tbsp.
Garlic Powder		1 ½ Tbsp.		3 Tbsp.
Oregano, dried		1 ½ Tbsp.		3 Tbsp.
Sugar, granulated		1 ½ Tbsp.		3 Tbsp.
Salt		³¼tsp		1 ½ tsp
Pepper, red or cayenne		½cup		1 cup
114 000 0 1 10 (' D 1		1 1 1		

HACOP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

- 1. Heat beefless crumbles in tilt skillet or steam jacketed kettle.
- 2. Add water and seasonings to the crumbles. Mix and bring to a boil.
- 3. Reduce heat and simmer for 15 minutes.

HACOP Critical Control Point: Heat to a temperature of 150°F for 15 seconds.

HACOP Critical Control Point: Hold at internal temperature of 135°F or above.

HACOP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Use a #10 scoop (3/8 cup) and serve on taco shell, tortilla or salad.

Each scoop provides 2 ounces meat/meat alternate.

Nutrition Information * From USDA Nutrient Database

Calories: 90 Total Fat: 2.5g Saturated Fat: 0g Carbohydrate: 1g Protein: 15g Sodium: 330mg