

Taco-the-Town

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



THE HUMANE SOCIETY
OF THE UNITED STATES

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 ½ gallons + 1 cup		3 gallons + 1 pint
Salsa, canned		¾ gallon + ½ cup		1 ½ gallons + 1 cup
Caliente Corn Salsa – see recipe		50 – ½ cup		100 – ½ cup

HACCP - 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.

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



Serving Information

For Soft Taco: On the serving line, place one tortilla on the tray. Spread ½ cup of beans in center of the tortilla. Top beans with ½ cup caliente corn salsa (customer may refuse) or portion in individual cups and offer on the serving line. Fold tortilla over beans and vegetables and serve with taco sauce.

For Crunchy Tacos: On the serving line, place two taco shells on the tray. Scoop ¼ cup of beans in the center of each tortilla. Top each taco with ¼ cup caliente corn salsa (customer may refuse) or portion in individual cups and offer on the serving line.

* 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

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100 Servings

Ingredients	Weight	Measure	Weight	Measure
Beefless crumbles, similar to Beyond Meat	6 lbs. 4 oz.		12 lbs. 8 oz.	
Water		1 quart		2 quarts
Onion Powder		3 Tbsp.		3/8 cup
Chili Powder		1 ½ Tbsp.		3 Tbsp.
Cumin		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		¾ tsp		1 ½ tsp
Pepper, red or cayenne		½ cup		1 cup

HACCP - 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.

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

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

HACCP 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