

## Three-Bean Tacos

T-507-00

Meatless Entree

G4G Color Code

Green

Sodium Code

High

Time

60 min.

Yield

100 Portions

Each Portion

(2) 6-inch Tacos (6 oz)

Pan Size and Number

Steam-Jacketed Kettle

### Nutrition Facts

Calories 463

Carbohydrates 72 g

Sugars\* 6 g

Protein 22 g

Fat 13 g

Saturated Fat 4.0 g

Cholesterol 13 mg

Sodium 1390 mg

Calcium 246 mg

Fiber 18.1 g

### Ingredients

#### Bean Filling

Item	Measure	Weight	Approx issue
WATER, HOT	2 gal + 1 qt	18 lb 12 oz	
VEGETABLE BASE, LOW SODIUM	6 tbsp	4-¼ oz	
OIL, CANOLA	1-½ cups	11-½ oz	
ONIONS, YELLOW, FRESH, CHOPPED ¼-INCH	1-¾ qt	1 lb 3 oz	1 lb 5oz
BEANS, BLACK, CANNED, DRAINED, RINSED	2 gal + ¾ qt	13 lb 5 oz	3 - No.10 cans
BEANS, PINTO, CANNED, DRAINED, RINSED	1 gal + 3-¼ qt	11 lb 8 oz	2-½ - No.10 cans
BEANS, KIDNEY, DARK RED, CANNED, DRAINED, RINSED	1 gal + 3-¼ qt	10 lb 8 oz	2-⅓ - No.10 cans
GARLIC, MINCED	¾ cup	4-½ oz	
SALT	3 tbsp + 1 tsp	2 oz	
CUMIN, GROUND	7 tbsp + 1 tsp	1-½ oz	
CHILI POWDER, DARK, GROUND	4 tbsp + 1 tsp	1-¼ oz	
PAPRIKA, GROUND	1 tbsp + 2 tsp	0.40 oz	
OREGANO, CRUSHED	2 tbsp + 2 tsp	0.28 oz	
PEPPER, BLACK, GROUND	3-¼ tsp	0.27 oz	
CILANTRO, FRESH, FINELY CHOPPED	1-½ qt	14 oz	1 lb 3 oz
TORTILLA, FLOUR, WHITE, 6-INCH	200 each	14 lb 2 oz	

#### Toppings

Item	Measure	Weight	Approx issue
SALSA, PREPARED	3-¼ qt	7 lb 7 oz	
TOMATO, FRESH, CHOPPED ½-INCH	3-¼ qt	4 lb 5 oz	4 lb 6 oz

CHEESE, MONTERAY JACK, SHREDDED	3-¼ qt	3 lb 7 oz	
LETTUCE, ROMAINE, FRESH, SHREDDED	1 gal + ¾ qt	2 lb 10 oz	2 lb 13 oz

## Directions

1. In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this food.
2. In a large mixing bowl combine vegetable base and 1 cup (8-⅓ oz) water. Whisk well until base is completely dissolved. Add remaining water and CP: refrigerate at 41°F (5°C) for use in Step 6.
3. Heat canola oil in steam-jacketed kettle; add onions and sweat for 10 minutes until onions are golden brown and tender.
4. Add minced garlic, salt, cumin, chili powder, paprika, oregano, black pepper, black beans, pinto beans and kidney beans. Stir until well combined; cook for additional 2 to 3 minutes.
5. Add reconstituted vegetable base; Simmer for 45 minutes, stirring occasionally. Final product will have a thick, mashed appearance, similar to the consistency of refried beans. CCP: Internal temperature must reach 135°F (57°C) or higher for 15 seconds. Add cilantro to cooked bean mixture; mix well.
6. Transfer bean mixture to serving pans. CP: Hold for hot service at 135°F (57°C) or higher.
7. Assemble: 1 taco tortilla (1-⅞ oz), 1 tbsp salsa (0.57 oz), ⅓ cup bean mixture (3 oz), 1 tbsp tomatoes (0.33 oz), 1-½ tbsp lettuce (0.14 oz), 1 tbsp cheese (0.25 oz).

## Recipe Notes

1. Nutrition Information and Go for Green® code at the top of the recipe reflects the standard serving suggestion for 2, Three-Bean Tacos. A ⅔ cup (6 oz) serving of the bean filling on its own has the following nutrition profile and G4G® Codes: Green and High (171 kcal; 25 g carbohydrates, 2 g sugars\*, 8 g protein, 4 g saturated fat, 0.4 g fat, 0 mg cholesterol, 733 mg sodium, 75 mg calcium, 7.4 g fiber).
2. In Step 3, stockpot may be used in lieu of steam-jacketed kettle. To cook:
  1. Heat canola oil (over medium heat); add onions and sweat for 10 minutes until onions are golden brown and tender.
  2. Add minced garlic, salt, cumin, chili powder, paprika, oregano, black pepper, black beans, pinto beans, kidney beans and stir until well blended; cook for 1 to 2 minutes.
  3. Add reconstituted vegetable base; simmer for 35 minutes, stirring occasionally. Final product will have a thick, mashed appearance, similar to the consistency of refried beans. CCP: Internal temperature must reach 145°F (63°C) or higher for 15 seconds. Add cilantro to cooked bean mixture; mix well.
3. In Step 4, 6 tbsp + 2 tsp (2-¼ oz) granulated garlic, per 100 portions, may be substituted for fresh minced garlic.
4. Alternate topping suggestions include, but are not limited to: Avocado Crema (O-304-01), lime wedges, fresh cilantro, sliced radishes, or sliced jalapeños.
5. \* Sugars represent the total grams of sugar in the recipe, naturally occurring and added sugar combined.