

Taco Meat

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 76
(USDA D-13 modified)

Ingredients	100 #16 Scoop Servings (or 75 #12 Scoop Servings)		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Beef, ground 80/20, raw	13 lb				<ol style="list-style-type: none"> 1. Brown ground beef. Chop into 1/4 to 1/2-inch pieces as beef is browning. Drain. Rinse in hot water. Drain. Continue immediately. 2. Add remaining ingredients and blend well. If preparing with purchased seasoning mix, use amount indicated on the package. CCP: Heat to 160° F for at least 15 seconds. 3. Bring to a boil. Reduce heat and simmer for 25-30 minutes stirring as needed. CCP: Hold for hot service at 135° F or higher
Dehydrated Onion Flakes Pepper	2 oz	1 Tbsp + 1 tsp			
Tomato Paste		3 cups			
Mexican Seasoning Mix (see Healthier Kansas Recipe 79)*		½ cup + 1 Tbsp			
Or Purchased Mexican Seasoning Mix		1 Tbsp			
Salt		¼ cup			
Sugar, brown		2 qt			
Water					

Serving Size	1 Serving Provides	Yield
K-8: #16 scoop (¼ cup)	#16 scoop: 1.5 oz M/MA	100 servings: #16 scoop
9-12: #12 scoop (⅓ cup)	#12 scoop: 2.0 oz M/MA + 0.16 cup vegetable (red/orange)	75 servings: #12 scoop
		Approximately 7 quarts + 1 cup

Nutrients Per #16 Scoop Serving

Calories	135	Vitamin A	350.3 IU	Iron	1.45 mg
Protein	12.73 gm	Vitamin C	5.21 mg	Calcium	13.73 mg
Carbohydrate	2.84 gm	Fiber	0.57 gm	Cholesterol	144.1 mg
Fat	7.83 gm	% Fat	52.4 %	Sodium	116.9 mg
Saturated Fat	3.04 gm	% Saturated Fat	20.36 %		

Variation: Taco Burger: Scoop taco meat mixture on bun. Top each taco burger with ½ ounce shredded cheese.