



825039 - Taco Filling: Beef

Source: K12 Culinary

Number of Portions: 60

Size of Portion: 1/4 cup

Components:

Meat/Alt: 2 oz

Grains:

Fruit:

Vegetable:

Milk:

Recipe Subgroups:

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
023570 BEEF,GROUND,85% LN MEAT / 15% FAT,CRUMBL....	10 LBS (raw)	<p>Thaw beef on sheet pans on bottom shelf of refrigerator.</p> <p>Cook beef in a kettle, steamer, stockpot, or tilting skillet/braising pan. (Note: If cooking in tilt skillet a small amount of water may be added to prevent sticking.) Drain well.</p> <p>For Steamer Method: Spray 4 inch deep perforated pan and place in a 6 inch deep pan. Add 10 lbs. beef and crumble with gloved hands. Steam for 20 to 25 minutes.</p> <p>After cooking, crumble into very small pieces using clean gloved hands, VCM, or other grinding method.</p> <p>CCP: Heat to 155° F or higher for at least 15 Seconds</p>
011283 ONIONS,CKD,BLD,DRND,WO/SALT.....	1 QT (fresh, chopped)	While beef is cooking, steam or sauté onions until translucent and tender.
011165 CORIANDER (CILANTRO) LEAVES,RAW.....	2 Tbsp	Rinse cilantro under running water. Roll in clean disposable paper towel to dry. Roll leaves into a bundle tightly, then cut using a chef's knife to make thin strips (chiffonade).

825026R Seasoning Blend, Taco..... 002031 PEPPER,RED OR CAYENNE.....	1/3 cup 2 1/2 tsp	Season warm, cooked, drained beef immediately with cooked onions, fresh cilantro, taco seasoning, and cayenne pepper. (Note: adjust heat by increasing amount of cayenne pepper as desired.) Serve 2 oz. portions using no.12 disher. (Noate: Be sure to yield test to determine if disher size is correct to yield 60 portions providing 2 oz M/MA component crediting.) Taco filling may be used for street tacos, beef burritos, and taco cups. CCP: Hold for hot service at 135° F or higher
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*Nutrients are based upon 1 Portion Size (1/4 cup)

Calories	135 kcal	Cholesterol	44 mg	Sugars	*0.8* g	Calcium	16.80 mg	51.12%	Calories from Total Fat
Total Fat	7.67 g	Sodium	76 mg	Protein	14.04 g	Iron	1.58 mg	19.30%	Calories from Saturated Fat
Saturated Fat	2.90 g	Carbohydrates	1.79 g	Vitamin A	115.1 IU	Water ¹	*41.31* g	*1.84%*	Calories from Trans Fat
Trans Fat ²	*0.28* g	Dietary Fiber	0.34 g	Vitamin C	1.0 mg	Ash ¹	*0.78* g	5.29%	Calories from Carbohydrates
								41.57%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.