



## 825132 - Taco Cup: Beef

Source: K12 Culinary

Number of Portions: 20

Size of Portion: each

Alternate Recipe Name: Beefy Taco Cup

Alternate Recipe Name 2: Beefy Taco Dip

### Components:

Meat/Alt: 3 oz

Grains: 2 oz

Fruit:

Vegetable: 0.75 cup

Milk:

### Recipe Subgroups:

Vegetable, Red/Orange

Vegetable, Legumes

Whole Grain Rich

### Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
825039R Taco Filling: Beef.....	2 lbs + 8 OZS (EP)	<p>Prepare Beef Taco Filling according to recipe #825039.</p> <p>Notes: The filling recipe using 10 lb beef makes 60 (2 oz eq) portions. Consider using any leftover taco filling for taco pockets, street tacos, or beef and bean burritos.</p> <p><b>CCP: Heat to 155° F or higher for at least 15 Seconds</b></p> <p><b>CCP: Hold at 135° F or higher.</b></p>
825115R Refried Beans.....	2 qts + 2 cups	<p>Prepare Refried Beans according to recipe 825115 but <u>omit the cheese topping.</u></p> <p>Notes: The original recipe for refried beans, using two #10 cans of beans, makes 49 (1/2 cup) portions. Consider using any leftover bean mixture for burritos or serve as a vegetable selection.</p> <p><b>CCP: Heat to 135° F or higher.</b></p> <p><b>CCP: Hold at 135° F or higher.</b></p>
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE....	2 lbs + 12 OZS (AP)	<p>Rinse tomatoes under running water and drain well in a colander. Using a tomato scoop, remove the core. Dice into 1/2" pieces.</p> <p><b>CCP: Hold at 41° F or lower.</b></p>

051495 Salsa, Low-sodium, Canned..... 051556 Cheese, Cheddar, Yellow, Red Fat, Shredd..... 826663 Tortilla Chips, WG, Bulk Frito Lay 62399.....	2 1/2 cups 1 lb + 4 ozs 2 lbs + 8 ozs	<p>Layer ingredients in a 12 oz clear cup in the following order:</p> <ul style="list-style-type: none"> <li>• ½ cup refried beans (using no. 8 disher)</li> <li>• 2 oz taco meat (using no. 12 disher; Be sure to yield test to determine if disher size is correct for the 2 oz of filling.)</li> <li>• 2 Tbsp salsa (using no. 30 disher)</li> <li>• 1 oz shredded cheese (using 2 oz spoodle)</li> <li>• ¼ cup diced tomatoes (using no. 16 disher)</li> </ul> <p>Serve with 2 oz tortilla chips.</p> <p>This taco cup combines hot and cold items; therefore, it is recommended to use Time as a Public Health Control (TPHC) procedure beginning at the time of assembly. Assemble cups close to serving time to avoid excessive holding time.</p> <p><b>CCP: Follow written TPHC procedure and discard all cups within 4 hours from time of assembly.</b></p>
		(Note: This taco includes 3/4 cup vegetable. Be sure to allow students in grades 9-12 to select additional vegetables as required by the meal pattern if they desire. For non-OVS meals, plan the meals to include a total 1 cup vegetable at grades 9-12.)

\*Nutrients are based upon 1 Portion Size (each)

Calories	653 kcal	Cholesterol	76 mg	Sugars	*3.5* g	Calcium	*118.03* mg	38.56%	Calories from Total Fat
Total Fat	28.00 g	Sodium	727 mg	Protein	33.59 g	Iron	*5.17* mg	13.49%	Calories from Saturated Fat
Saturated Fat	9.80 g	Carbohydrates	69.02 g	Vitamin A	*988.9* IU	Water <sup>1</sup>	*92.64* g	*0.38%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.28* g	Dietary Fiber	13.54 g	Vitamin C	*24.3* mg	Ash <sup>1</sup>	*1.09* g	42.25%	Calories from Carbohydrates
								20.57%	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

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.