



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:

Whole Grain Rich

Vegetable, Legumes

Vegetable, Red/Orange

Attributes:

Meat/Meat Alter

Vegetables

Grain

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 the recipe.</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>If preparing only 20 servings of beef filling, it will take about 3 lb 5 1/3 ounces of raw ground beef and adjustment of remaining ingredients proportionately to make 2 1/2 lb of cooked, EP filling.. CCP: Heat to 155° F or higher for at least 15 Seconds</p> <p>CCP: Hold at 135° F or higher.</p>
825115R Refried Beans.....	2 qts + 2 cups	<p>Prepare refried beans according to the recipe but omit the cheese topping.</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. CCP: Heat to 135° F or higher.</p> <p>CCP: Hold at 135° F or higher.</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>CCP: Hold at 41 degrees F. or lower.</p>

050540 SALSA, LOW-SODIUM, CANNED..... 050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SH... 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"> • ½ cup refried beans (no. 8 disher) • 2 ounces taco meat (no. 12 disher; Be sure to yield test to determine if disher size is correct for the 2 oz. of filling.) • 2 Tbsp. salsa (no. 30 disher) • 1 ounce shredded cheese (2 oz. spoodle) • ¼ cup diced tomatoes (no. 16 disher) <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>CCP: Follow written TPHC procedure and discard all cups within 4 hours from time of assembly.</p>
		(Note: This taco includes 3/4 cup vegetable. Be sure to allow students in greades 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	655 kcal	Cholesterol	72 mg	Sugars	*2.2* g	Calcium	389.83 mg	37.51%	Calories from Total Fat
Total Fat	27.30 g	Sodium	716 mg	Protein	34.79 g	Iron	5.06 mg	11.15%	Calories from Saturated Fat
Saturated Fat	8.12 g	Carbohydrates	68.75 g	Vitamin A	1079.2 IU	Water ¹	*92.64* g	*0.38%*	Calories from Trans Fat
Trans Fat ²	*0.28* g	Dietary Fiber	12.77 g	Vitamin C	18.0 mg	Ash ¹	*1.08* g	41.97%	Calories from Carbohydrates
								21.24%	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.