



## 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.)<br/>Drain well.</p> <p>For Steamer Method:<br/>Spray 4 inch perforated pan with food release and place inside of a 6 inch solid pan. Add 10 lb 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><b>CCP: Heat to 155° F or higher for at least 15 Seconds</b></p> |
| 011283 ONIONS,CKD,BLD,DRND,WO/SALT.....             | 1 QT (fresh, chopped) | <p>Wash onions, remove stem end and trim root end. Cut onions in half through the root, then peel. Dice onions into ¼ dice. While beef is cooking, steam or sauté onions until translucent and tender.</p>  |
| 011165 CORIANDER (CILANTRO) LEAVES,RAW.....         | 2 Tbsp                | <p>Rinse cilantro under running water. Roll in clean disposable paper towel to dry. Use a chef's knife to finely chop.</p>  |

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

\*Nutrients are based upon 1 Portion Size (1/4 cup)

|                        |          |               |        |           |          |                    |          |         |                             |
|------------------------|----------|---------------|--------|-----------|----------|--------------------|----------|---------|-----------------------------|
| Calories               | 135 kcal | Cholesterol   | 44 mg  | Sugars    | *0.8* g  | Calcium            | 17.82 mg | 51.07%  | Calories from Total Fat     |
| Total Fat              | 7.69 g   | Sodium        | 80 mg  | Protein   | 14.05 g  | Iron               | 1.64 mg  | 19.25%  | Calories from Saturated Fat |
| Saturated Fat          | 2.90 g   | Carbohydrates | 1.86 g | Vitamin A | 110.2 IU | Water <sup>1</sup> | 41.33 g  | *1.83%* | Calories from Trans Fat     |
| Trans Fat <sup>2</sup> | *0.28* g | Dietary Fiber | 0.36 g | Vitamin C | 0.9 mg   | Ash <sup>1</sup>   | 0.80 g   | 5.48%   | Calories from Carbohydrates |
|                        |          |               |        |           |          |                    |          | 41.50%  | 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.