



## 825131 - Taco Cup: Vegetarian

Source: K12 Culinary

Number of Portions: 24

Size of Portion: each

Alternate Recipe Name: Layered Mexican Dip

Alternate Recipe Name 2: Taco Dip

### Components:

Meat/Alt: 2.5 oz

Grains: 2 oz

Fruit:

Vegetable: 0.5 cup

Milk:

### Recipe Subgroups:

Vegetable, Dark Green

Vegetable, Red/Orange

Vegetable, Red/Orange

Whole Grain Rich

### Attributes:

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
825022R Seasoning Blend, Bean.....	2 Tbsp	<b>CCP: No bare hand contact with ready to eat food.</b> Prepare Bean Blend Seasoning according to recipe 825022. Measure the amount needed for Taco Cups. Store leftover seasoning in a tightly sealed plastic spice bottle.
826866 BEANS, CANNED, REFRIED, LOW-SODIUM.....	1 #10 can	Open can of refried beans and transfer to a bowl or pan. Add 1 Tbsp of Bean Blend Seasoning to beans and stir well to combine. Cover and place in refrigerator until ready to use. <b>CCP: Hold at 41° F or lower.</b>
011529 TOMATOES,RED,RIPE,RAW, YEAR RND AVERAGE....	3 lbs + 4 OZS (AP)	Rinse tomatoes under running water and drain in a colander. Using a tomato scoop, remove the core. Dice into ½" pieces <b>CCP: Hold at 41° F or lower.</b>
011251 LETTUCE,COS OR ROMAINE,RAW.....	9 ozs	Weigh lettuce. Purchased, pre-cut, prewashed romaine does not require rinsing.  For head lettuce, remove the stem end of the romaine head using a chef's knife. Make lengthwise cuts, then turn head ¼ turn and cut across to make 1 to 2 inch dices. Note: 13 oz AP lettuce equals approximately 9 oz chopped romaine. Rinse cut romaine under running water and drain well. (Recommend commercial salad spinner). <b>CCP: Hold at 41° F or lower.</b>

001056 CREAM,SOUR,CULTURED.....	3 cups	Layer ingredients evenly in a 12 oz clear cup in the following order: <ul style="list-style-type: none"> <li>• ½ cup refried beans (using no. 8 disher)</li> <li>• 2 Tbsp sour cream (using no. 30 disher)</li> <li>• 2 Tbsp salsa (using no. 30 disher)</li> <li>• .5 oz shredded cheese (using 1 oz spoodle)</li> <li>• ¼ cup romaine lettuce (using 2 oz spoodle)</li> <li>• ¼ cup diced tomatoes (using 2 oz perforated spoodle)</li> </ul> <p>Serve with 2 oz tortilla chips.</p> <p>Notes:</p> <ul style="list-style-type: none"> <li>• Not all salsa provides vegetable component crediting for the red/orange vegetable subgroup for the volume served. For salsa products, like USDA Foods variety, containing all vegetable ingredients plus a minor amount of spices or flavorings, one hundred percent of the product may be used to meet the volume vegetable/fruit requirement for meal pattern requirements. When products contain non-vegetable ingredients like gums, starches or stabilizers, water or vinegar, only that portion of the product that is a vegetable ingredient may be counted towards the volume requirement. If using purchased salsa containing these non-creditable ingredients, you must obtain manufacturer's product formulation statement to show proper crediting.</li> <li>• This salad includes 1/2 cup vegetable if the salsa is a creditable ingredient. Be sure to allow students to select additional vegetables as required by the meal pattern if they desire. For non-OVS meals, plan the meals to include a total of 3/4 cup vegetable for grades K-8 and 1 cup vegetable at grades 9-12.</li> </ul>
051495 Salsa, Low-sodium, Canned.....	3 cups	
051556 Cheese, Cheddar, Yellow, Red Fat, Shredd.....	12 ozs	
826663 Tortilla Chips, WG, Bulk Frito Lay 62399.....	3 lbs	

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

Calories	522 kcal	Cholesterol	35 mg	Sugars	*3.4* g	Calcium	*128.45* mg	37.56%	Calories from Total Fat
Total Fat	21.78 g	Sodium	532 mg	Protein	16.32 g	Iron	*3.71* mg	12.36%	Calories from Saturated Fat
Saturated Fat	7.17 g	Carbohydrates	67.93 g	Vitamin A	*1922.5* IU	Water <sup>1</sup>	*78.16* g	*0.33%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.19* g	Dietary Fiber	13.29 g	Vitamin C	*22.2* mg	Ash <sup>1</sup>	*0.49* g	52.06%	Calories from Carbohydrates
								12.51%	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.