Taco Meat

Main Dish **HACCP: #2 Same Day Service** **Healthier Kansas Recipe 76**
(USDA D-13 modified)

Ingredients	100 #16 Scoop Servings (or 75 #12 Scoop Servings)		____Servings		Directions
	Weight	Measure	Weight	Measure	
Beef, ground 80/20, raw	13 lb				1. Brown ground beef. Chop into 1/4 to 1/2-inch pieces as beef is browning. Drain. Rinse in hot water. Drain. Continue immediately.
Dehydrated Onion Flakes	2 oz				
Pepper		1 Tbsp + 1 tsp			
Tomato Paste		3 cups			2. Add remaining ingredients and blend well. If preparing with purchased seasoning mix, use amount indicated on the package.
Mexican Seasoning Mix (see Healthier Kansas Recipe 79)*		½ cup + 1 Tbsp			
Or Purchased Mexican Seasoning Mix					**CCP: Heat to 160° F for at least 15 seconds.**
Salt		1 Tbsp			3. Bring to a boil. Reduce heat and simmer for 25-30 minutes stirring as needed.
Sugar, brown		¼ cup			
Water		2 qt			**CCP: Hold for hot service at 135° F or higher**

Serving Size	1 Serving Provides	Yield
K-8: #16 scoop (¼ cup)	#16 scoop: 1.5 oz M/MA	100 servings: #16 scoop
9-12: #12 scoop ($^1/_3$ cup)	#12 scoop: 2.0 oz M/MA + 0.16 cup vegetable (red/orange)	75 servings: #12 scoop
		Approximately 7 quarts + 1 cup

Nutrients Per #16 Scoop Serving

Calories	135	Vitamin A	350.3 IU	Iron	1.45 mg
Protein	12.73 gm	Vitamin C	5.21 mg	Calcium	13.73 mg
Carbohydrate	2.84 gm	Fiber	0.57 gm	Cholesterol	144.1 mg
Fat	7.83 gm	% Fat	52.4 %	Sodium	116.9 mg
Saturated Fat	3.04 gm	% Saturated Fat	20.36 %		

Variation: Taco Burger: Scoop taco meat mixture on bun. Top each taco burger with ½ ounce shredded cheese.