

Taco Meat

Meat/Meat Alternate

E-10 modified

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 10% fat)	6 lb 6 oz				<p>1. Brown ground beef. Drain. Continue immediately.</p> <p>2. Add onions, salt, granulated garlic, pepper, tomato paste, water, chili powder, cumin, paprika, and onion powder. Blend well. Bring to boil. Reduce heat. Simmer for 25-30 minutes.</p> <p>3. Serve with lettuce, cheese, tomatoes, salsa, and WGR tortillas.</p> <p>CCP: Heat to 155° F for 15 seconds. CCP: Hold for hot service at 135° F or higher</p>
*Fresh onions, chopped OR Dehydrated onions	5 oz OR 1 oz	$\frac{3}{4}$ cup 2 Tbsp OR $\frac{1}{2}$ cup			
Salt		1 tsp			
Granulated garlic		1 Tbsp 1 $\frac{1}{2}$ tsp			
Ground black or white pepper		2 tsp			
Low sodium canned tomato paste	14 oz	1 $\frac{1}{2}$ cups 1 Tbsp ($\frac{1}{8}$ No. 10 can)			
Water		1 qt 1 cup			
Chili powder		2 Tbsp			
Ground cumin		1 Tbsp 1 $\frac{1}{2}$ tsp			
Paprika		1 $\frac{1}{2}$ tsp			
Onion powder		1 $\frac{1}{2}$ tsp			

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**Notes: 1 serving (about 1/3 cup) = 1.5 oz meat/meat alt
 1/3 cup meat mixture plus 2 Tbsp of shredded cheese = 2 oz meat/meat alt**

Nutrient information for meat mixture only and calculated using Food Processor.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings

Serving:	Yield:	Volume:
1-2 years: 2 Tbsp+ 2 tsp meat mixture, 1 Tbsp shredded cheese		
3-5 years: 1/4 cup meat mixture, 1 1/2 Tbsp shredded cheese		
6-18 years: 1/3 cup meat mixture, 2 Tbsp shredded cheese		

Nutrients Per Serving for Meat Mixture Only			
Calories	113.29	Saturated Fat	2.28 g
Protein	11.98 g	Cholesterol	37.59 mg
Carbohydrate	2.28 g	Vitamin A	12.48 RAE
Total Fat	5.88 g	Vitamin C	0.81 mg
		Iron	1.88 mg
		Calcium	11.66 mg
		Sodium	99.21 mg
		Dietary Fiber	0.78 g