

Taco Salad

Meat/Meat Alternate-Vegetable-
Grains/Breads

Salad and Salad Dressing

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>CCP: Heat to 155° F for 15 seconds. CCP: Hold for hot service at 135° F or higher</p> <p>3. Combine lettuce and tomatoes. Toss lightly. Refrigerate until ready to serve.</p> <p>4. Serving suggestions: Children should "build" their own taco salad. See portion sizes for each item listed with the serving information.</p> <p>First layer: Lettuce and tomato Second layer: Meat mixture Garnish with cheese</p>
*Fresh onions, chopped OR Dehydrated onions	5 oz OR 1 oz	¾ cup 2 Tbsp OR ½ cup			
Salt		1 tsp			
Granulated garlic (adjust as needed)		1 Tbsp 1 ½ tsp			
Ground black or white pepper		2 tsp			
Low sodium canned tomato paste	14 oz	1 ½ cups 1 Tbsp (⅓ No. 10 can)			
Water		1 qt 1 cup			
Chili powder		2 Tbsp			
Ground cumin		1 Tbsp 1 ½ tsp			
Paprika		1 ½ tsp			
Onion powder		1 ½ tsp			
*Fresh romaine lettuce, shredded, chilled	4 lb	2 gal			
*Fresh tomatoes, diced, chilled	1 lb 13 oz	1 qt			
Reduced fat Cheddar cheese, shredded	1 lb 10 oz	1 qt 2 ½ cups			

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Notes: 1/3 cup of meat mixture plus 2 Tbsp cheese = 2 oz meat/meat alt

Nutrient information from USDA; needs update due to removing taco shells from recipe.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	6 oz	12 oz
Head lettuce	5 lb 5 oz	10 lb 10 oz
Tomatoes	2 lb 2 oz	4 lb 4 oz

Serving:

1-2 years: 1/4 cup lettuce tomato mixture; 2 Tbsp+ 2 tsp meat mixture, 1 Tbsp shredded cheese

3-5 years: 1/3 cup lettuce tomato mixture; 1/4 cup meat mixture, 1 1/2 Tbsp shredded cheese

6-18 years: 3/4 cup lettuce tomato mixture; 1/3 cup meat mixture, 2 Tbsp shredded cheese

Yield:

Volume:

Nutrients Per Serving

Calories	170	Saturated Fat	4.01 g	Iron	2.36 mg
Protein	16.85 g	Cholesterol	45.82 mg	Calcium	157.76 mg
Carbohydrate	5.78 g	Vitamin A	171.52	Sodium	210 mg
Total Fat	8.70 g	Vitamin C	4.02 mg	Dietary Fiber	1.79 g