

Taco Salad

Meat/Meat Alternate-Vegetable-Grains/Breads

Salads and Salad Dressings

E-13

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	3 lb 3 oz		6 lb 6 oz		1. Brown ground beef. Drain. Continue immediately.
*Fresh onions, chopped OR Dehydrated onions	2 ½ oz	¼ cup 3 Tbsp OR ¼ cup	5 oz OR 1 oz	¾ cup 2 Tbsp OR ½ cup	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. CCP: Heat to 155° F or higher for 15 seconds. CCP: Hold for hot service at 135° F or higher.
Salt		1 Tbsp		2 Tbsp	
Granulated garlic		2 ¼ tsp		1 Tbsp 1 ½ tsp	
Ground black or white pepper		1 tsp		2 tsp	
Canned tomato paste	7 oz	¾ cup 1 ½ tsp (¼ No. 2-½ can)	14 oz	1 ½ cups 1 Tbsp (½ No. 2-½ can)	
Water		2 ½ cups		1 qt 1 cup	
Chili powder		1 Tbsp		2 Tbsp	
Ground cumin		2 ¼ tsp		1 Tbsp 1 ½ tsp	
Paprika		¾ tsp		1 ½ tsp	
Onion powder		¾ tsp		1 ½ tsp	
*Fresh lettuce, shredded	2 lb	1 gal	4 lb	2 gal	3. Combine lettuce and tomatoes. Toss lightly. Refrigerate until ready to serve.
*Fresh tomatoes, diced, chilled	14 ½ oz	2 cups	1 lb 13 oz	1 qt	
Enriched taco shell pieces OR Enriched tostada shells (at least 0.9 oz each)	1 lb 6 ½ oz OR 1 lb 6 ½ oz	3 qt 1 cup OR 25 each	2 lb 13 oz OR 2 lb 13 oz	1 gal 2 ½ qt OR 50 each	
Reduced fat Cheddar cheese, shredded	13 oz	3 ¼ cups	1 lb 10 oz	1 qt 2 ½ cups	

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4. Portion is 1 salad.

Serving suggestions:

A. Assemble each salad as follows, or in preferred order:

1st layer: at least 0.9 oz (approximately ½ cup) taco shell pieces or 1 tostada shell

2nd layer: 1 ¾ oz (approximately ¾ cup) lettuce and tomato mixture

3rd layer: No. 12 scoop (⅓ cup) meat mixture

4th layer: ½ oz (2 Tbsp) shredded cheese

OR

B. (1) Preportion 1 ¾ oz (approximately ¾ cup) lettuce and tomato mixture and ½ oz (2 Tbsp) shredded cheese into individual soufflé cups. Refrigerate until ready to serve.

(2) Transfer meat mixture and taco shell pieces or tostada shells into pans. Serve at least 0.9 oz (approximately ½ cup) taco shell pieces or 1 tostada shell. Top with No. 12 scoop (⅓ cup) meat mixture. Add 1 preportioned soufflé cup of lettuce and tomato mixture and 1 preportioned soufflé cup of shredded cheese. Instruct children how to "build" their own taco salad.

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	3 oz	6 oz
Head lettuce	2 lb 11 oz	5 lb 6 oz
Tomatoes	1 lb 1 oz	2 lb 2 oz

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SERVING:	YIELD:	VOLUME:
1 salad provides the equivalent of 2 oz of cooked lean meat, ¾ cup of vegetable, and the equivalent of 1 slice of bread.	25 Servings: 8 lb 15 ½ oz	25 Servings: 2 quarts ¼ cup (meat filling) 25 salads
	50 Servings: 17 lb 15 oz	50 Servings: 1 gallon ½ cup (meat filling) 50 salads

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Special Tip:
If desired, serve with Taco Sauce.

Nutrients Per Serving			
Calories	296	Saturated Fat	5.77 g
Protein	18.36 g	Cholesterol	46 mg
Carbohydrate	20.19 g	Vitamin A	675 IU
Total Fat	16.16 g	Vitamin C	9.6 mg
		Iron	2.50 mg
		Calcium	201 mg
		Sodium	531 mg
		Dietary Fiber	3.2 g