

Nachos with Ground Beef

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-28

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	4 lb 8 oz		9 lb		1. Brown ground beef. Drain. Continue immediately.
†Seasonings					2. Add seasonings and mix.
Chili powder		2 Tbsp		¼ cup	
Ground cumin		1 Tbsp 1 ½ tsp		3 Tbsp	
Paprika		1 ½ tsp		1 Tbsp	
Onion powder		1 ½ tsp		1 Tbsp	
Instant nonfat dry milk, reconstituted		1 qt		2 qt	3. Add milk to ground beef mixture. Stir frequently over medium heat. When simmering add cheese. Stir frequently over medium heat, approximately 15 minutes.
					Heat to 155° F or higher for at least 15 seconds.
Cheese blend of American and skim milk cheeses, shredded	3 lb 2 oz	3 qt ½ cup	6 lb 4 oz	1 gal 2 ¼ qt	
*Fresh green chili peppers, chopped (optional)	2 oz	¼ cup 2 Tbsp	4 oz	¾ cup	4. Add green chili peppers (optional) and stir to combine.
Enriched taco shell pieces	2 lb 13 oz	1 gal 2 ½ qt	5 lb 10 oz	3 gal 1 qt	5. To maintain best consistency, serve immediately or hold hot.
					CCP: Hold for hot service at 135° F or higher.
					Portion with No. 16 scoop (¼ cup) over 0.9 oz (approximately ⅔ cup) taco shell pieces.
					6. If desired, garnish with chopped green peppers, chopped tomatoes, and chopped green chili peppers.

Comments: *See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ¼ cup 1 ½ tsp Mexican Seasoning Mix. For 100 servings, use ½ cup 1 Tbsp Mexican Seasoning Mix.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Green chili peppers	3 oz	6 oz

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SERVING:	YIELD:	VOLUME:
1 portion provides 2 oz equivalent meat/meat alternate and 1 serving of grains/breads.	50 Servings: about 10 lb 10 oz	50 Servings: 3 quarts ½ cup (topping)
	100 Servings: about 21 lb 4 oz	100 Servings: 6 quarts 1 cup (topping)
Tested 2004		

Nutrients Per Serving					
Calories	281	Saturated Fat	6.11 g	Iron	1.67 mg
Protein	17.80 g	Cholesterol	42 mg	Calcium	277 mg
Carbohydrate	19.28 g	Vitamin A	410 IU	Sodium	590 mg
Total Fat	15.13 g	Vitamin C	0.4 mg	Dietary Fiber	2.1 g