

Taco Salad

Meat/Meat Alternate-Vegetable-Grains/Breads

Salads and Salad Dressings

E-10

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	6 lb 6 oz		12 lb 12 oz		1. Brown ground beef. Drain. Continue immediately.
*Fresh onions, chopped OR Dehydrated onions	5 oz OR 1 oz	¾ cup 2 Tbsp OR ½ cup	10 oz OR 2 oz	1 ¾ cups OR 1 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 for 15 seconds. CCP: Hold for hot service at 135° F or higher.
Salt		1 Tbsp		2 Tbsp	
Granulated garlic		1 Tbsp 1 ½ tsp		3 Tbsp	
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Canned tomato paste	14 oz	1 ½ cups 1 Tbsp (⅓ No. 10 can)	1 lb 12 oz	3 cups 2 Tbsp (¼ No. 10 can)	
Water		1 qt 1 cup		2 qt 2 cups	
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	
*Fresh lettuce, shredded, chilled	4 lb	2 gal	8 lb	4 gal	3. Combine lettuce and tomatoes. Toss lightly. Refrigerate until ready to serve.
*Fresh tomatoes, diced, chilled	1 lb 13 oz	1 qt	3 lb 10 oz	2 qt	
Enriched taco shell pieces OR Enriched tostada shells (at least 0.9 oz each)	2 lb 13 oz OR 2 lb 13 oz	1 gal 2 ½ qt OR 50	5 lb 10 oz OR 5 lb 10 oz	3 gal 1 qt OR 100	
Reduced fat Cheddar cheese, shredded	1 lb 10 oz	1 qt 2 ½ cups	3 lb 4 oz	3 qt 1 cup	
					4. Serving suggestions: A. Assemble each salad as follows, or in preferred order: 1st layer: about 0.9 oz (approximately ½ cup) taco shell pieces or 1 tostada shell 2nd layer: 1 ¾ oz (approximately ¾ cup) lettuce and

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tomato mixture
3rd layer: No. 12 scoop ($\frac{1}{3}$ cup)
meat mixture
4th layer: $\frac{1}{2}$ oz
(approximately 2 Tbsp 1 tsp) shredded

cheese OR

B.
(1) Preportion 1 $\frac{3}{4}$ oz
(approximately $\frac{3}{4}$ cup) lettuce and tomato
mixture and $\frac{1}{2}$ oz
(approximately 2 Tbsp 1 tsp) shredded
cheese into individual soufflé cups.
Refrigerate until service.
(2) Transfer meat mixture and taco shell
pieces or tostada shells into steamtable
pans. On each student tray, serve 0.9 oz
(approximately $\frac{1}{2}$ cup) taco shell pieces or
1 tostada shell. Top with No. 12 scoop
($\frac{1}{3}$ cup) meat mixture. Add 1 preportioned
soufflé cup of lettuce and tomato mixture
and 1 preportioned soufflé cup of shredded
cheese. Instruct students to "build" their
own taco salad.

Comments:

*See Marketing Guide.

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 salad provides 2 oz equivalent meat/meat alternate, $\frac{3}{4}$ cup of vegetable, and 1 serving of grains/breads.

YIELD:

50 Servings: about 17 lb 13 oz

100 Servings: about 35 lb 10 oz

VOLUME:

50 Servings: 1 gallon $\frac{1}{2}$ cup (meat filling)
50 salads

100 Servings: 2 gallons 1 cup (meat filling)
100 salads

Tested 2004

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Special Tip:
If desired, serve with taco sauce.

Nutrients Per Serving					
Calories	296	Saturated Fat	5.78 g	Iron	2.49 mg
Protein	18.38 g	Cholesterol	46 mg	Calcium	201 mg
Carbohydrate	20.11 g	Vitamin A	672 IU	Sodium	590 mg
Total Fat	16.18 g	Vitamin C	8.4 mg	Dietary Fiber	3.2 g