



Taco Pie With Salad Topping USDA Recipe for CACFP

Taco Pie With Salad Topping consists of lean ground beef combined with salsa, tomato purée, fresh bell peppers, brown rice, whole-grain tortillas, and spices. This mixture is topped with cheese, baked, and then topped with lettuce and tomatoes.

CACFP CREDITING INFORMATION

1 piece provides 1.5 oz equivalent meat/meat alternate,
 $\frac{3}{8}$ cup vegetable, and 1.5 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		1 qt 1 cup		2 qt 2 cups	1 Boil water.
Rice, brown, long grain, regular, dry, parboiled	1 lb 9 oz	1 qt	3 lb 2 oz	2 qt	2 Place 1 qt brown rice (1 lb 9 oz) in each steam table pan (12" x 20" x 2½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					3 Pour boiling water (1 qt 1 cup per steam table pan) over brown rice. Stir. Cover pans tightly.
					4 Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes. Steamer: 5 lb pressure for 25 minutes.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					5 Remove cooked rice from oven and let stand covered for 5 minutes. Stir rice.
					6 Critical Control Point: Heat to 140 °F or higher.
					7 Critical Control Point: Hold for hot service at 140 °F or higher.
					8 Set aside for step 15.
Beef, raw, ground (no more than 10% fat)	2 lb 15 oz	1 qt 2 cups 1 Tbsp 1 tsp	5 lb 4 oz	3 qt 2 Tbsp 2 tsp	9 Place ground beef in a large stock pot. Cook uncovered over medium–high heat for 5–8 minutes. Stir often until meat is well done.
					10 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					11 Remove meat from heat. Drain beef in a colander. Return meat to heat.
Chili powder		1 Tbsp		2 Tbsp	12 Add chili powder, cumin, paprika, onion powder, 2 Tbsp ancho chili powder, and water. Heat uncovered over medium–high heat for 2–3 minutes, stirring occasionally. Set remaining ancho chili powder aside for step 17. Recommend to cook in batches of 25.
Cumin, ground		2¼ tsp		1 Tbsp	
Paprika, ground		¾ tsp		1½ tsp	
Onion powder		¾ tsp		1½ tsp	
Ancho chili powder		3 Tbsp	2 oz	¼ cup 2 Tbsp	
OR					
Mexican seasoning mix (see Notes)		3 Tbsp	2 oz	¼ cup 2 Tbsp	
Water		1¼ cups		2½ cups	
					13 Set aside for step 16.
					14 Critical Control Point: Hold for hot service at 140 °F or higher.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>15 Pour 1 qt 2 cups (about 2 lb) cooked rice into a food processor on medium speed for 2–3 minutes or until rice has a smooth consistency. DO NOT OVERMIX. Set remaining rice aside for step 16.</p>
					<p>16 Pour beef, puréed rice, and remaining rice into a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed for 5–6 minutes. DO NOT OVERMIX. Set aside for step 18.</p>
Brown sugar	2 ² / ₃ oz	1/3 cup	5 ¹ / ₃ oz	2/3 cup	<p>17 Combine remaining ancho chili powder, sugar, tomato purée, salsa, and water in a large bowl. Set aside for step 20.</p>
Tomato purée, canned, no-salt-added	1 lb 3 oz	2 cups 2 Tbsp 1 tsp (about 1/4 No. 10 can)	2 lb 6 oz	1 qt 1/4 cup 2 tsp (about 1/2 No. 10 can)	
Salsa, canned, low-sodium	1 lb 1 1/2 oz	2 cups 1 tsp (about 1/4 No. 10 can)	2 lb 3 oz	1 qt 2 tsp (about 1/2 No. 10 can)	
Water		2 cups		1 qt	
					<p>18 Pour 3 qt 3 cups (about 5 lb 10 oz) rice and meat mixture into a steam table pan (12" x 20" x 2 1/2") lightly coated with pan release spray. Press surface firmly until flat and even.</p> <p>For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p>
Tortilla, flour, whole-grain, 8" (1.5 oz each)	14 oz	9 each	1 lb 12 oz	18 each	<p>19 For each pan, cut 9 tortillas in half. Place the straight edge of the tortillas around the sides of the pan and overlap the remaining tortilla halves to cover the top of the rice and bean mixture.</p>

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					20 Spread 1 qt 2 cups (about 2 lb 13 oz) tomato mixture on top of tortillas. Spread evenly.
Cheddar cheese, low-fat, shredded	7½ oz	1¾ cups 2 Tbsp	15 oz	3¾ cups	21 Sprinkle 2 cups (about 8 oz) cheese over each pan.
					22 Bake: Conventional oven: 350 °F for 30 minutes. Convection oven: 325 °F for 20 minutes.
					23 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					24 Critical Control Point: Hold for hot service at 140 °F or higher.
*Tomatoes, fresh, diced	8 oz	1 cup 1 Tbsp	1 lb	2 cups 2 Tbsp	25 Combine tomatoes and lettuce in a large bowl. Sprinkle ¼ cup (about 1 oz) salad topping over each piece.
*Lettuce, fresh, shredded	1 lb	1 qt 3¼ cups	2 lb	3 qt 2½ cups	
					26 Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (about 2" x 3¼").

NUTRITION INFORMATION

For 1 piece.

NUTRIENTS	AMOUNT
Calories	274
Total Fat	8 g
Saturated Fat	3 g
Cholesterol	31 mg
Sodium	390 mg
Total Carbohydrate	40 g
Dietary Fiber	4 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	16 g
Vitamin D	2 IU
Calcium	152 mg
Iron	5 mg
Potassium	421 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Tomatoes	10 oz	1 lb 4 oz
Lettuce	1 lb 6 oz	2 lb 12 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same-Day Service.

Mexican Seasoning Mix ³/₄ Cup (About 4½ oz)

Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, ¼ tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

YIELD/VOLUME

25 Servings	50 Servings
About 11 lb 1 oz	About 22 lb 2 oz
About 1 gal 1 qt 2⅛ cups/1 steam table pan (12" x 20" x 2½")	About 2 gal 3 qt ¼ cup/2 steam table pans (12" x 20" x 2½")