



# Taco Soup

## USDA Recipe for CACFP

Taco Soup is always a favorite with kids! Ours combines the traditional flavors of beef, tomatoes, and beans with a surprise seasoning.

### CACFP CREDITING INFORMATION

1 cup (8 fl oz spoodle) provides

**Legume as Meat Alternate:** 2 oz equivalent meat/meat alternate and ½ cup vegetable.

OR

**Legume as Vegetable:** 1 oz equivalent meat/meat alternate and ¾ cup vegetable.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Beef, ground, raw (no more than 15% fat)	2 lb 2 oz	1 qt	4 lb 4 oz	2 qt	<b>1</b> Brown ground beef uncovered over medium–high heat in a large stock pot. <b>2</b> Add spices. Stir well.
Chili powder		¼ cup		½ cup	
Cumin, ground		¼ cup 1 Tbsp		½ cup 2 Tbsp	<b>3</b> Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
Garlic powder		2 Tbsp		¼ cup	
Onion powder		2 tsp		1 Tbsp 1 tsp	
Red pepper, crushed		1 tsp		2 tsp	<b>4</b> Remove beef mixture and set aside for step 7.
Pepper, black, ground		2 tsp		1 Tbsp 1 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Onions, fresh, diced	1 lb 2 oz	3¼ cups	2 lb 4 oz	1 qt 2½ cups	<b>5</b> Using the same pot, cook onions uncovered over medium heat for 5–7 minutes or until soft. Reduce heat to low.
Water		1 qt		2 qt	
Ranch dressing, dry powder mix	1 oz	¼ cup	2 oz	½ cup	<b>6</b> Add water, ranch dressing mix, crushed tomatoes, salsa, corn, and beans. Stir well. Simmer uncovered over low heat for 2 minutes.
Tomatoes, crushed, canned, no-salt-added	3 lb 3 oz	1 qt 2½ cups (½ No. 10 can)	6 lb 6 oz	3 qt 1 cup (1 No. 10 can)	
Salsa, canned, low-sodium	1 lb	2 cups	2 lb	1 qt	<b>7</b> Add seasoned beef and stir. Simmer uncovered for an additional 15–20 minutes.
Corn, canned, no-salt-added	1 lb	2½ cups (¼ No. 10 can)	2 lb	1 qt 1 cup (½ No. 10 can)	<b>8</b> Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
Kidney beans, canned, no-salt-added, drained, rinsed  OR  Kidney beans, dry, cooked (see Notes)	3 lb 8 oz   3 lb 8 oz	2 qt 1¼ cups (1 No. 10 can)  2 qt 1¼ cups	7 lb   7 lb	1 gal 2½ cups (2 No. 10 cans)  1 gal 2½ cups	<b>9</b> Transfer to a steam table pan (12" x 20" x 2½").  For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					<b>10</b> Serve immediately or cover and place in a warmer until ready for service.
					<b>11</b> Critical Control Point: Hold for hot service at 140 °F or higher.
					<b>12</b> Portion with 8 fl oz spoodle (1 cup).



**NUTRITION INFORMATION**

For 1 cup (8 fl oz spoodle).

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>235</b>
<b>Total Fat</b>	<b>6 g</b>
Saturated Fat	2 g
Cholesterol	26 mg
<b>Sodium</b>	<b>285 mg</b>
<b>Total Carbohydrate</b>	<b>26 g</b>
Dietary Fiber	7 g
Total Sugars	4 g
Added Sugars included	N/A
<b>Protein</b>	<b>15 g</b>
Vitamin D	2 IU
Calcium	86 mg
Iron	3 mg
Potassium	418 mg

N/A=data not available.

**SOURCE**

USDA Standardized Recipes Project.

**MARKETING GUIDE**

Food as Purchased for	25 Servings	50 Servings
Onions	1 lb 5 oz	2 lb 10 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.

**Special Tip for Preparing Dry Beans**

SOAKING BEANS:

OVERNIGHT METHOD: Add 1¾ qt cold water to every 1 lb of dry beans.

Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS: Once the beans have been soaked, add 1¾ qt water for every 1 lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately. Critical Control Point: Hold for hot service at 140 °F or higher. OR chill for later use. Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

1 lb dry kidney beans = about 2½ cups dry or 6¼ cups cooked beans.

**YIELD/VOLUME**

25 Servings	50 Servings
About 13 lb	About 26 lb
About 1 gal 2 qt 2 cups/1 steam table pan (12" x 20" x 2½")	About 3 gal 1 qt/2 steam table pans (12" x 20" x 2½")

