



Taco Salad

This simple taco salad features seasoned ground beef and hearty romaine lettuce topped with diced tomatoes and cheddar cheese.

Preparation Time: 20 minutes

Cook Time: 15 minutes

CACFP Crediting Information:

1 taco salad provides $\frac{7}{8}$ cup vegetable (1/2 cup dark green vegetable, 1/4 cup red/orange vegetable, 1/8 cup additional vegetable), 2 oz eq meat/meat alternate.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Beef, raw, ground (no more than 15% fat)	2 1/2 lbs		5 lbs		<ol style="list-style-type: none"> 1 Heat a tilt skillet to medium-high heat. Add ground beef and cook, stirring constantly to break beef into crumbles, for about 5-8 minutes. 2 Tip the tilt skillet forward slightly to allow rendered fat to accumulate in the front of the tilt skillet. Spoon off rendered fat, then return tilt skillet to the flat position. 3 Add tomato paste, onions, chili powder, ancho chili powder, garlic powder, cumin, salt, pepper, paprika, and onion powder. Stir well. Cook uncovered over medium heat for 5-7 minutes.
Tomato paste, canned, no-salt-added	12 oz	1 1/2 cup	1 lb 8 oz	3 cups	
*Onions, white, fresh, small dice	8 oz	1 1/2 cup	1 lb	3 cups	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chili powder		2 Tbsp		¼ cup	
Ancho chili powder		1 Tbsp		2 Tbsp	
Garlic powder		2 ¼ tsp		1 Tbsp 1 ½ tsp	
Cumin, ground		2 ¼ tsp		1 Tbsp 1 ½ tsp	
Salt		1 tsp		2 tsp	
Pepper, black or white, ground		1 tsp		2 tsp	
Paprika		¾ tsp		1 ½ tsp	
Onion powder		¾ tsp		1 ½ tsp	
*Jalapeno peppers, fresh, diced	1 oz	¼ cup	2 oz	½ cup	4 Stir in jalapenos. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. Transfer 3 lbs 12 oz cooked beef to a full size steamtable pan (12" x 20" x 2 ½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. Critical Control Point: Hold for hot service at 135 °F or higher.
*Romaine lettuce, fresh, leaves, shredded, rinsed, dry	2 lbs 4 oz	1 ½ gal 1 cup	4 lbs 8 oz	3 gal 2 cups	5 Assembly: a. Portion 1 cup or 1 ½ oz chopped romaine in a 12 oz bowl. b. Use a 2 oz spoodle to add ¼ cup seasoned beef. c. Top with ¼ cup diced tomatoes and 1 tablespoon cheddar cheese.
*Tomatoes, fresh, diced	2 lbs	1 qt 2 ¼ cups	4 lbs	3 qt ½ cup	6 Serve 1 taco salad.
Cheddar cheese, low-fat, shredded	6 ¼ oz	1 ½ cups 1 Tbsp	12 ½ oz	3 cups 2 Tbsp	

NUTRITION INFORMATION

For 1 taco salad

NUTRIENTS	AMOUNT
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Calories	170
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Total Fat	9 g
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Saturated Fat	4 g
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Cholesterol	45 g
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Sodium	273 mg
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Total Carbohydrate	7 g
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Dietary Fiber	2 g
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Total Sugars	2 g
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Added Sugars included	N/A
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Protein	16 g
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Vitamin A	4096 IU
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Vitamin C	6 mg
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Calcium	39 mg
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Iron	2 mg
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N/A=no information available

Source:

USDA Standardized Recipes Project - 2024

*MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Onions, fresh, mature	9 oz	1 lb 2 oz
Lettuce, fresh, Romaine	3 lbs 8 oz	7 lbs
Tomatoes, fresh, whole	2 lbs 5 oz	4 lbs 10 oz
Jalapeno, fresh, whole	1 oz	2 2/3 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.

The food safety temperatures are based on the FDA Food Code. Some information included may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.

YIELD/VOLUME

25 Servings	50 Servings
About 3 lbs 12 oz of cooked beef	About 5 lbs 8 oz of cooked beef
25 tacos salads/2 sheet pans (18" x 26" x 1").	50 taco salads/4 sheet pans (18" x 26" x 1").