

# Taco Salad

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

## CACFP Crediting Information:

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



**Preparation Time: 20 minutes**

**Cooking Time: 15 minutes**

**Makes: 6 servings**

## Ingredients

8 oz beef, raw, ground (no more than 15% fat)  
3 oz tomato paste, canned, no-salt-added  
2 oz ( $\frac{1}{2}$  cup) onions, white, fresh, small dice  
1  $\frac{1}{2}$  tsp chili powder  
 $\frac{1}{2}$  tsp ancho chili powder  
 $\frac{1}{2}$  tsp garlic powder  
 $\frac{1}{2}$  tsp cumin, ground  
 $\frac{1}{4}$  tsp salt  
 $\frac{1}{4}$  tsp pepper, black or white, ground  
 $\frac{1}{4}$  tsp paprika  
 $\frac{1}{4}$  tsp onion powder  
1 tsp jalapeno peppers, fresh, diced  
8 oz (about 3 cups) romaine lettuce, fresh, leaves, shredded, rinsed, dry  
8 oz (1 cup) tomatoes, fresh, diced  
1  $\frac{1}{2}$  oz cheddar cheese, low-fat, shredded

## Directions

- 1** Heat a medium skillet to medium-high heat. Add ground beef and cook, stirring constantly to break beef into crumbles, for about 5-8 minutes.  
**Critical Control Point:**  
Heat to 165 °F for at least 15 seconds.
- 2** Remove meat from heat. Drain beef and return to skillet.
- 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.
- 4** Stir in jalapenos.  
**Critical Control Point:**  
Heat to 165 °F or higher for at least 15 seconds.  
**Critical Control Point:**  
Hold for hot service at 140 °F or higher.
- 5** Assembly:
  - a. Portion 1 cup or 1  $\frac{1}{2}$  oz chopped romaine in a 12 oz bowl.
  - b. Use a 2 oz spoodle to add  $\frac{1}{4}$  cup seasoned beef.
  - c. Top with  $\frac{1}{4}$  cup diced tomatoes and 1 tablespoon cheddar cheese.
- 6** Serve 1 taco salad.

## NUTRITION INFORMATION

For 1 taco salad

### NUTRIENTS

### AMOUNT

|                           |               |
|---------------------------|---------------|
| <b>Calories</b>           | <b>150</b>    |
| <b>Total Fat</b>          | <b>8 g</b>    |
| Saturated Fat             | 3 g           |
| <b>Cholesterol</b>        | <b>38 mg</b>  |
| <b>Sodium</b>             | <b>273 mg</b> |
| <b>Total Carbohydrate</b> | <b>8 g</b>    |
| Dietary Fiber             | 2 g           |
| Total Sugars              | 2 g           |
| Added Sugars              | N/A           |
| <b>Protein</b>            | <b>14 g</b>   |
| Vitamin A                 | 3827 IU       |
| Vitamin C                 | 5 mg          |
| Calcium                   | 37 mg         |
| Iron                      | 2 mg          |

N/A=no information available

## NOTES

The food safety temperatures are based on Federal consumer food safety guidance. Some information 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.

### Source:

USDA Standardized Recipe Project - 2024