



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

NSLP/SBP Crediting Information:

1 taco salad provides $\frac{7}{8}$ cup vegetable (½ cup dark green vegetable, ¼ cup red/orange vegetable, ¼ cup additional vegetable), 2 oz eq meat/meat alternate.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Beef, raw, ground (no more than 15% fat)	5 lbs		10 lbs		<ol style="list-style-type: none"> 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. 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.
Tomato paste, canned, no-salt-added	1 lb 8 oz	3 cups	3 lbs	6 cups	
*Onions, white, fresh, small dice	1 lb	3 cups	2 lbs	1 qt 2 cups	<ol style="list-style-type: none"> 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.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chili powder		¼ cup		½ cup	
Ancho chili powder		2 Tbsp		4 Tbsp	
Garlic powder		1 Tbsp 1 ½ tsp		3 Tbsp	
Cumin, ground		1 Tbsp 1 ½ tsp		3 Tbsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Pepper, black or white, ground		2 tsp		1 Tbsp 1 tsp	
Paprika		1 ½ tsp		1 Tbsp	
Onion powder		1 ½ tsp		1 Tbsp	
*Jalapeno peppers, fresh, diced	2 oz	½ cup	4 oz	1 cup	<p>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 50 servings, use 2 pans. For 100 servings, use 4 pans.</p> <p>Critical Control Point: Hold for hot service at 135 °F or higher.</p>
*Romaine lettuce, fresh, leaves, shredded, rinsed, dry	4 lbs 8 oz	3 gal 2 cups	9 lbs	6 gal 1 qt	<p>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.</p>
*Tomatoes, fresh, diced	4 lbs	3 qt ½ cup	8 lbs	1 gal 2 qt 2 cups	<p>6 Serve 1 taco salad.</p>
Cheddar cheese, low-fat, shredded	12 ½ oz	3 cups 2 Tbsp	1 lb 9 oz	1 qt 2 ¼ cups	



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	50 Servings	100 Servings
Onions, fresh, mature	1 lb 2 oz	2 lbs 4 oz
Lettuce, fresh, Romaine	7 lbs	14 lbs
Tomatoes, fresh, whole	4 lbs 10 oz	9 lbs 4 oz
Jalapeno, fresh, whole	2 2/3 oz	5 1/3 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

50 Servings	100 Servings
About 5 lbs 8 oz of cooked beef	About 11 lbs of cooked beef
50 tacos salads/4 sheet pans (18" x 26" x 1").	100 taco salads/8 sheet pans (18" x 26" x 1").