



Mexicali Taco Boat

USDA Recipe for Schools

Lean ground beef is seasoned with Mexican and chipotle spices and served over sweet potato fries.

NSLP/SBP CREDITING INFORMATION

One Taco Boat provides 2.5 oz equivalent meat and $\frac{3}{4}$ cup red/orange vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chili powder		$\frac{1}{2}$ cup		1 cup	1 Combine spices in a small bowl. Set aside.
Cumin, ground		$\frac{1}{2}$ cup		1 cup	
Garlic powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Onion powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Red pepper, crushed		2 tsp		1 Tbsp 1 tsp	
Black pepper, ground		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Beef, raw, ground (no more than 15% fat)	10 lb	1 gal 1 qt	20 lb	2 gal 2 qt	2 Brown ground beef uncovered over medium–high heat in a large stock pot.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					3 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					4 Drain and rinse beef. Return beef back to stock pot.
Salsa, low-sodium	2 lb	1 qt	4 lb	2 qt	5 Add spices and salsa to cooked beef. Simmer uncovered over low heat for 5 minutes.
					6 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					7 Critical Control Point: Hold for hot service at 135 °F.
Sweet potato fries, frozen, straight cut	10 lb	1 gal 2 qt 1 cup	20 lb	3 gal	8 Spread sweet potato fries evenly on a sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with non-stick cooking spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					9 Bake: Conventional oven: 425 °F for 15–20 minutes. Convection oven: 425 °F for 12–15 minutes.
					10 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					11 Critical Control Point: Hold for hot service at 135 °F.
*Tomatoes, fresh, diced ¼"	1 lb 6 oz	3 cups	2 lb 12 oz	1 qt 2 cups	12 Assembly: First layer: About 16 fries (3 oz) in the bottom of a paper boat or bowl. Second layer: 6 fl oz ladle (about ¾ cup) of beef mixture on top of fries.
Cheddar cheese, low-fat, shredded	6 oz	1 ½ cups	12 oz	3 cups	13 Top each taco boat with: About 1 tablespoon of tomatoes, about 1 teaspoon of cheese, and ½ teaspoon of cilantro (optional).
Cilantro, fresh, chopped (optional)		½ cup		1 cup	14 Serve 1 taco boat.

NUTRITION INFORMATION

For 1 Taco Boat.

NUTRIENTS	AMOUNT
Calories	346
Total Fat	15 g
Saturated Fat	4 g
Cholesterol	59 mg
Sodium	282 mg
Total Carbohydrate	31 g
Dietary Fiber	4 g
Total Sugars	9 g
Added Sugars included	N/A
Protein	19 g
Vitamin D	5 IU
Calcium	67 mg
Iron	4 mg
Potassium	552 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Tomatoes	1 lb 9 ½ oz	3 lb 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.

YIELD/VOLUME

50 Servings	100 Servings
About 19 lb 8 oz (beef mixture)	About 40 lb (beef mixture)
About 2 gal 1 qt 1 cup (beef mixture)/50 taco boats	About 4 gal 2 qt 2 cups (beef mixture)/100 taco boats