



Taco Pie With Salad Topping

USDA Recipe for Schools

Taco Pie With Salad Topping consists of lean ground beef combined with salsa, tomato purée, fresh bell peppers, brown rice, whole-grain tortillas, and spices. This mixture is topped with cheese, baked, and then topped with lettuce and tomatoes.

NSLP/SBP CREDITING INFORMATION

1 piece provides 1.5 oz equivalent meat/meat alternate, ¼ cup red/orange vegetable, ⅛ cup other vegetable, and 1.5 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		2 qt 2 cups		1 gal 1 qt	1 Boil water.
Rice, brown, long grain, regular, dry, parboiled	3 lb 2 oz	2 qt	6 lb 4 oz	1 gal	2 Place 1 qt brown rice (1 lb 9 oz) in each steam table pan (12" x 20" x 2½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					3 Pour boiling water (1 qt 1 cup per steam table pan) over brown rice. Stir. Cover pans tightly.
					4 Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes. Steamer: 5 lb pressure for 25 minutes.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					5 Critical Control Point: Heat to 135 °F or higher.
					6 Remove cooked rice from oven, and let stand covered for 5 minutes. Stir rice.
					7 Critical Control Point: Hold for hot service at 135 °F or higher.
					8 Set aside for step 15.
Beef, raw, ground (no more than 10% fat)	5 lb 4 oz	3 qt 2 Tbsp 2 tsp	11 lb 12 oz	1 gal 2 qt ¼ cup 1 tsp	9 Place ground beef in a large stock pot. Cook uncovered over medium–high heat for 5–8 minutes. Stir often until meat is well done.
					10 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					11 Remove meat from heat. Drain beef in a colander. Return meat to heat.
Chili powder		2 Tbsp		¼ cup	12 Add chili powder, cumin, paprika, onion powder, 2 Tbsp ancho chili powder, and water. Heat uncovered over medium–high heat for 2–3 minutes, stirring occasionally. Set remaining ancho chili powder aside for step 17. Recommend to cook in batches of 25.
Cumin, ground		1 Tbsp		3 Tbsp	
Paprika, ground		1½ tsp		1 Tbsp	
Onion powder		1½ tsp		1 Tbsp	
Ancho chili powder	2 oz	¼ cup 2 Tbsp	4 oz	¾ cup	
OR					
Mexican seasoning mix (see Notes)	2 oz	¼ cup 2 Tbsp	4 oz	¾ cup	
Water		2½ cups		1 qt 1 cup	
					13 Set aside for step 16.
					14 Critical Control Point: Hold for hot service at 135 °F or higher.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					15 Pour 1 qt 2 cups (about 2 lb) cooked rice into a food processor on medium speed for 2–3 minutes or until rice has a smooth consistency. DO NOT OVERMIX. Set remaining rice aside for step 16.
					16 Pour beef, puréed rice, and remaining rice into a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed for 5–6 minutes. DO NOT OVERMIX. Set aside for step 18.
Brown sugar	5½ oz	⅔ cup	10⅔ oz	1⅓ cups	17 Combine remaining ancho chili powder, sugar, tomato purée, salsa, and water in a large bowl. Set aside for step 20.
Tomato purée, canned, no-salt-added	2 lb 6 oz	1 qt ¼ cup 2 tsp (about ½ No. 10 can)	4 lb 12 oz	2 qt ½ cup 1 Tbsp 1 tsp (about 1 No. 10 can)	
Salsa, canned, low-sodium	2 lb 3 oz	1 qt 2 tsp (about ½ No. 10 can)	4 lb 6 oz	2 qt 1 Tbsp 1 tsp (about 1 No. 10 can)	
Water		1 qt		2 qt	
					18 Pour 3 qt 3 cups (about 5 lb 10 oz) rice and meat mixture into a steam table pan (12" x 20" x 2½") lightly coated with pan-release spray. Press surface firmly until flat and even. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
Tortilla, flour, whole-grain, 8" (1.5 oz each)	1 lb 12 oz	18 each	3 lb 8 oz	36 each	19 For each pan, cut 9 tortillas in half. Place the straight edge of the tortillas around the sides of the pan and overlap the remaining tortilla halves to cover the top of the rice and bean mixture.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Cheeddar cheese, low-fat, shredded	15 oz	3¾ cups	1 lb 14 oz	1 qt 3½ cups	<p>20 Spread 1 qt 2 cups (about 2 lb 13 oz) tomato mixture on top of tortillas. Spread evenly.</p> <p>21 Sprinkle 2 cups (about 8 oz) cheese over each pan.</p> <p>22 Bake: Conventional oven: 350 °F for 30 minutes. Convection oven: 325 °F for 20 minutes.</p> <p>23 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p> <p>24 Critical Control Point: Hold for hot service at 135 °F or higher.</p>
*Tomatoes, fresh, diced	1 lb	2 cups 2 Tbsp	2 lb	1 qt ¼ cup	<p>25 Combine tomatoes and lettuce in a large bowl. Sprinkle ¼ cup (about 1 oz) salad topping over each piece.</p>
*Lettuce, fresh, shredded	2 lb	3 qt 2½ cups	4 lb	1 gal 3 qt 1 cup	<p>26 Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (about 2" x 3¾").</p>

NUTRITION INFORMATION

For 1 piece.

NUTRIENTS	AMOUNT
Calories	274
Total Fat	8 g
Saturated Fat	3 g
Cholesterol	31 mg
Sodium	390 mg
Total Carbohydrate	40 g
Dietary Fiber	4 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	16 g
Vitamin D	2 IU
Calcium	152 mg
Iron	5 mg
Potassium	421 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Tomatoes	1 lb 4 oz	2 lb 8 oz
Lettuce	2 lb 12 oz	5 lb 8 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.

Mexican Seasoning Mix ³/₄ Cup (About 4½ oz)

Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, ¼ tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

YIELD/VOLUME

50 Servings	100 Servings
About 22 lb 2 oz	About 44 lb 4 oz
About 2 gal 3 qt ¼ cup/2 steam table pans (12" x 20" x 2½")	About 5 gal 2 qt ½ cup/4 steam table pans (12" x 20" x 2½")