



Taco Soup

USDA Recipe for Schools

Taco Soup is always a favorite with kids! Ours combines the traditional flavors of beef, tomatoes, and beans with a surprise seasoning.

NSLP/SBP CREDITING INFORMATION

1 cup (8 fl oz spoodle) provides

Legume as Meat Alternate: 2 oz equivalent meat/meat alternate, ¼ cup red/orange vegetable, and ¼ cup additional vegetable.

OR

Legume as Vegetable: 1 oz equivalent meat/meat alternate, ¼ cup legume vegetable, ¼ cup red/orange vegetable, and ¼ cup additional vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Beef, ground, raw (no more than 15% fat)	4 lb 4 oz	2 qt	8 lb 8 oz	1 gal	1 Brown ground beef uncovered over medium–high heat in a large stock pot.
Chili powder		½ cup		1 cup	
Cumin, ground		½ cup 2 Tbsp		1¼ cups	2 Add spices. Stir well.
Garlic powder		¼ cup		½ cup	
Onion powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp	3 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
Red pepper, crushed		2 tsp		1 Tbsp	
Pepper, black, ground		1 Tbsp 1 tsp		2 Tbsp 2 tsp	4 Remove beef mixture and set aside for step 7.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Onions, fresh, diced	2 lb 4 oz	1 qt 2½ cups	4 lb 8 oz	3 qt 1 cup	5 Using the same pot, cook onions uncovered over medium heat for 5–7 minutes or until soft. Reduce heat to low.
Water		2 qt		1 gal	6 Add water, ranch dressing mix, crushed tomatoes, salsa, corn, and beans. Stir well. Simmer uncovered over low heat for 2 minutes.
Ranch dressing, dry powder mix	2 oz	½ cup	4 oz	1 cup	
Tomatoes, crushed, canned, no-salt-added	6 lb 6 oz	3 qt 1 cup (1 No. 10 can)	12 lb 12 oz	1 gal 2 qt 2 cups (2 No. 10 cans)	
Salsa, canned, low-sodium	2 lb	1 qt	4 lb	2 qt	7 Add seasoned beef and stir. Simmer uncovered for an additional 15–20 minutes.
Corn, canned, no-salt-added	2 lb	1 qt 1 cup (½ No. 10 can)	4 lb	2 qt 2 cups (1 No. 10 can)	8 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
Kidney beans, canned, no-salt-added, drained, rinsed	7 lb	1 gal 2½ cups (2 No. 10 cans)	14 lb	2 gal 1 qt 1 cup (4 No. 10 cans)	9 Transfer to a steam table pan (12" x 20" x 2½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
OR Kidney beans, dry, cooked (see Notes)	7 lb	1 gal 2½ cups	14 lb	2 gal 1 qt 1 cup	
					10 Serve immediately or cover and place in a warmer until ready for service.
					11 Critical Control Point: Hold for hot service at 135 °F or higher.
					12 Portion with 8 fl oz spoodle (1 cup).

NUTRITION INFORMATION

For 1 cup (8 fl oz spoodle).

NUTRIENTS	AMOUNT
Calories	235
Total Fat	6 g
Saturated Fat	2 g
Cholesterol	26 mg
Sodium	285 mg
Total Carbohydrate	26 g
Dietary Fiber	7 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	15 g
Vitamin D	2 IU
Calcium	86 mg
Iron	3 mg
Potassium	418 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Onions	2 lb 10 oz	5 lb 4 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.

Special Tip for Preparing Dry Beans

SOAKING BEANS:

OVERNIGHT METHOD: Add 1¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS: Once the beans have been soaked, add 1¾ qt water for every 1 lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately. Critical Control Point: Hold for hot service at 135 °F or higher. OR chill for later use. Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

1 lb dry kidney beans = about 2½ cups dry or 6¼ cups cooked beans.

YIELD/VOLUME

50 Servings	100 Servings
About 26 lb	About 52 lb 8 oz
About 3 gal 1 qt/2 steam table pans (12" x 20" x 2½")	About 6 gal 2 qt/4 steam table pans (12" x 20" x 2½")

