



Barbacon Beef Street Tacos with Cilantro Lime Cauliflower Rice

These flavorful street tacos include seasoned barbacon beef, onions, chipotle peppers, and tomatoes on whole corn tortillas paired with cilantro lime cauliflower rice.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Illinois State Board of Education

Preparation Time: 1 hour 15 minutes

Cook Time: 3 hours 30 minutes

NSLP/SBP crediting information:

2 tacos and ¾ cup cauliflower rice provide 2 ½ oz eq meat/meat alternate, 1 ¼ oz eq grains, ¾ cup other vegetable, ⅓ cup red/orange vegetable, ⅓ cup additional vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Beef chuck, raw, 3-inch chunks	13 lb		26 lb		<ol style="list-style-type: none"> 1. Preheat oven to 400 °F. Place beef chuck on two half-sized sheet pans sprayed with non-stick cooking spray. Spray top surface of each piece of meat with non-stick spray. Roast until meat begins to develop a deep brown color (approximately 25 minutes). 2. Remove meat from sheet pans and place in roasting pan with any remaining juices. 3. Lower oven temperature to 325 °F.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Onions, white, fresh, diced	2 lb 4 oz	1 qt 3 cups	4 lb 8 oz	3 qt 2 cups	<p>4. Add onions, chipotle peppers, garlic, lime juice, apple cider vinegar, cumin, oregano, black pepper, cloves, and beef stock to the roasting pan and mix well.</p> <p>For 50 servings, use 2 Tbsp 2 tsp garlic and $\frac{3}{4}$ cup lime juice.</p> <p>For 100 servings, use $\frac{1}{4}$ cup 1 Tbsp 1 tsp garlic and 1 $\frac{1}{2}$ cups lime juice.</p>
Chipotle peppers, canned, in adobo sauce	4 lb 6 oz	1 qt 3 $\frac{1}{2}$ cups	8 lb 12 oz	3 qt 3 cups	
Garlic, minced, divided		$\frac{1}{4}$ cup 1 Tbsp 1 tsp		$\frac{1}{2}$ cup 2 Tbsp 2 tsp	
Lime juice, divided	1 lb 3 $\frac{1}{2}$ oz	2 $\frac{1}{4}$ cups	2 lb 7 oz	1 qt $\frac{1}{2}$ cup	
Apple cider vinegar	3 oz	$\frac{1}{4}$ cup 2 Tbsp	6 oz	$\frac{3}{4}$ cup	
Ground cumin		3 Tbsp		$\frac{1}{3}$ cup $\frac{1}{2}$ Tbsp	
Oregano		1 $\frac{1}{2}$ Tbsp		3 Tbsp	
Black pepper		1 Tbsp		2 Tbsp	
Cloves, ground		$\frac{3}{4}$ tsp		1 $\frac{1}{2}$ tsp	
Beef stock, low sodium	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups	
Bay leaves, dried, whole		6 each		12 each	<p>5. Add bay leaves to the mixture.</p> <p>6. Cover a full-sized 4-inch deep roasting pan with foil and place in pre-heated oven. Roast for 2-3 hours until meat is very tender and pulls apart with a fork.</p> <p>Critical Control Point: Heat to 165 °F or higher for at</p>



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>least 15 seconds. Hold for hot service at 135 °F or higher.</p> <p>7. Place all beef in a 20 qt mixer. Using the paddle attachment and with mixer set to speed 1, pulse on/off quickly a few times to shred beef. Avoid a mushy or pureed texture by overmixing. Beef can also be shredded with two tongs if desired.</p> <p>8. Once fully shredded, divide meat and juices evenly between two full-sized 2-inch deep hotel pans. Increase oven temperature to 350 °F. Cover pans with foil and heat for approximately 18-20 minutes.</p> <p>Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. Hold for hot service at 135 °F or higher.</p>
Cauliflower rice, frozen	12 lb 8 oz	2 gal 1 qt 1 ½ cups	25 lb	4 gal 2 qt 3 cups	<p>9. Cauliflower Rice: Steam or cook cauliflower rice according to package instructions.</p> <p>Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.</p>
Olive oil	5 oz	½ cup	10 oz	1 cup	<p>10. Add garlic, olive oil, lime juice, and minced cilantro to the cauliflower rice and mix well.</p> <p>For 50 servings, use 2 Tbsp 2 tsp garlic and 1 ½ cups lime juice.</p> <p>For 100 servings, use ¼ cup 1 Tbsp 1 tsp garlic and 3 cups lime juice.</p> <p>Critical Control Point: Hold for hot service at 135 °F or higher.</p>
Cilantro, fresh, minced	1 ¾ oz	2 cups	3 ½ oz	1 qt	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Tortilla, corn, whole, 4 ½ inch	4 lb 3 oz	100 each	8 lb 6 oz	200 each	11. Warm tortillas according to package instructions.
Cilantro, fresh, chopped	3 ½ oz	1 qt	7 oz	2 qt	
*Tomatoes, Roma fresh, diced	3 lb 12 oz	2 qt	7 lb 8 oz	1 gal	12. To assemble 1 serving (2 tacos): Portion 1 ¼ oz of beef onto each tortilla using a No. 40 scoop. Top each taco with diced tomatoes using a No. 50 scoop and garnish with cilantro. Serve tacos with ¾ cup cauliflower rice using a No. 5 scoop.



BARBACOA BEEF STREET TACOS WITH CILANTRO LIME CAULIFLOWER RICE NUTRITION INFORMATION

For 2 tacos and ¾ cup cauliflower rice

NUTRIENTS AMOUNT
Calories 299

Total Fat	7.7 g
Saturated Fat	2.2 g
Cholesterol	76 mg
Sodium	408 mg
Total Carbohydrate	29 g
Dietary Fiber	3.4 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	27 g
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Vitamin A	311 IU
Vitamin C	33.8 mg
Vitamin D	N/A
Calcium	99 mg
Iron	3.3 mg
Potassium	N/A

N/A=data not available.

*MARKETING GUIDE		
Food as Purchased for	50 Servings	100 Servings
Tomatoes, whole	4 lb 2 oz	8 lb 4 oz
Onions, whole	2 lb 9 oz	5 lb 2 oz

NOTES
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.
Optional: Top each taco with ¼ Tbsp of cotija cheese*
*Optional ingredients are not included in recipe nutrient analysis. Addition of optional ingredients may change crediting and/or nutrition information.
Cooking Process #2: Same Day Service

YIELD/VOLUME	
50 Servings	100 Servings
100 tacos	200 tacos
About 13 lb beef filling	About 26 lb beef filling
About 37 lb cauliflower rice	About 75 lb cauliflower rice

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

