



Taco Salad

Lettuce and tomatoes from the school garden and greenhouse topped with meat and cheese is a kid-friendly Farm to School favorite.

Recipe Project Name: Fiscal Year 2021 Cohort B Team Nutrition Training
 Grant for School Meal Recipe Development
 Louisiana Department of Education, Richland Parish Schools

Preparation Time: 1 hour

Cook Time: 1 hour

NSLP/SBP crediting information:

One salad (No. 12 scoop meat mixture, No. 8 scoop lettuce/tomato mixture, 1 oz spoodle cheese, 1 oz tortilla chips) provides 2 ½ oz eq meat/meat alternate, 2 oz eq grains, ⅔ cup dark green vegetable, ⅓ cup red/orange vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Beef, ground, 80/20, raw	8 lb 10 oz		17 lb 4 oz		<ol style="list-style-type: none"> In a large stock pot, tilt skillet/braiser, or kettle, brown the ground beef. Turn off and/or remove from heat. Critical Control Point: Heat to 155 °F or higher for at least 17 seconds. Drain and discard fat. Return beef to heat and/or set to medium. Add diced onions, tomato paste, chili powder, cumin, granulated garlic, onion powder, paprika, black pepper, and salt. Sauté, stirring constantly, until spices become fragrant, approximately 2-3 minutes.
*Onions, raw, diced	6 oz	1 cup	12 oz	2 cups	
Tomato paste	12 oz	1 ¼ cups	1 lb 8 oz	2 ½ cups	
Chili powder		2 Tbsp 2 tsp		¼ cup 1 Tbsp 1 tsp	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Cumin, ground		2 Tbsp 1 tsp		¼ cup 2 tsp	<p>4. Add water and bring to a simmer. Cook uncovered, stirring occasionally, until the liquid has almost completely reduced, approximately 30 minutes.</p> <p>Critical Control Point: Heat to 155 °F or higher for at least 17 seconds.</p>
Garlic, granulated		1 Tbsp		2 Tbsp	
Onion powder		1 Tbsp		2 Tbsp	
Paprika		1 Tbsp		2 Tbsp	
Pepper, black, ground		1 Tbsp		2 Tbsp	
Salt		½ tsp		1 tsp	
Water		1 qt		2 qt	
*Lettuce, romaine, chopped	2 lb 4 oz	1 gal 1 cup	4 lb 8 oz	2 gal 1 qt	<p>5. Combine chopped romaine and diced tomatoes just before assembly to minimize wilting.</p> <p>Critical Control Point: No bare hand contact with ready to eat foods. Hold for cold service at 41 °F or below.</p>
*Tomatoes, red round, raw, diced	1 lb 6 oz	2 ¼ cups	2 lb 12 oz	1 qt ½ cup	
Cheese, cheddar, shredded, reduced fat	1 lb 9 oz	1 qt 2 ¼ cups	3 lb 2 oz	3 qt ½ cup	<p>6. Assemble each salad in a one-compartment plastic container as follows:</p> <ul style="list-style-type: none"> • No. 12 scoop meat mixture • No. 8 scoop lettuce and tomato mixture • 1 oz spoodle shredded cheddar • 1 oz tortilla chips (about ½ cup)





INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chips, tortilla	6 lb 4 oz		12 lb 8 oz		



TACO SALAD **NUTRITION INFORMATION**

For 1 salad

NUTRIENTS	AMOUNT
Calories	487

Total Fat	24 g
Saturated Fat	7.21 g
Cholesterol	57 mg
Sodium	413 mg
Total Carbohydrate	44.8g
Dietary Fiber	5.45 g
Total Sugars	1.8 g
Added Sugars included	N/A
Protein	22.75 g

Vitamin A	979 mcg RAE
Vitamin C	4.7 mg
Vitamin D	N/A
Calcium	182 mg
Iron	3 mg
Potassium	N/A

N/A=data not available.

***MARKETING GUIDE**

Food as Purchased for	50 Servings	100 Servings
Onions, raw	7 oz	14 oz
Lettuce, romaine	3 lb 8 oz	7 lb
Tomatoes, red round, raw	1 lb 9 oz	3 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.

The food safety temperatures are based on the FDA Food Code. Some information included in this guide 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.

Cooking Process #2: Same Day Service

YIELD/VOLUME

50 Servings	100 Servings
Taco Filling: About 8 lb 10 oz About 1 gal $\frac{2}{3}$ cup	Taco Filling: About 17 lb 4 oz About 2 gal 1 $\frac{1}{3}$ cups

SOURCE:

FY 2021 Cohort B Team Nutrition Training Grant

