

TACOS (GROUND BEEF)

Yield 100

Portion 2 Tacos

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
443 cal	21 g	32 g	26 g	106 mg	810 mg	259 mg

Ingredient

TACO SAUCE
 BEEF,GROUND,BULK,RAW,90% LEAN
 SALT
 PEPPER,RED,GROUND
 CUMIN,GROUND
 GARLIC POWDER
 CHILI POWDER,LIGHT,GROUND
 FLOUR,WHEAT,GENERAL PURPOSE
 SHELLS,TACO,CORN
 CHEESE,CHEDDAR,GRATED
 LETTUCE,ICEBERG,FRESH,CHOPPED
 ONIONS,FRESH,CHOPPED

Weight

22 lbs
 2-1/3 oz
 <1/16th oz
 1/4 oz
 1/2 oz
 2-1/8 oz
 10-1/4 oz
 4-2/3 lbs
 6 lbs
 5-7/8 lbs
 3-1/8 lbs

Measure

3 qts 2 cup
 1/4 cup
 1/8 tsp
 1 tbsp
 1 tbsp
 1/2 cup
 2-3/8 cup
 200 each
 1 gal 2 qts
 3 gal
 2 qts 1 cup

Issue

6-1/4 lbs
 3-1/2 lbs

Method

- 1 Prepare 1 recipe Taco Sauce Recipe No. O 007 00 or utilize prepared Taco Sauce.
- 2 Cook beef until beef loses its pink color; stir to break apart. Drain fat.
- 3 Combine salt, red pepper, cumin, garlic, chili powder, and flour; add to beef. Saute 5 minutes. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Hold at 140 F. or higher for use in Step 6.
- 4 Arrange taco shells on sheet pans. Using a convection oven, bake 2 to 3 minutes at 325 F. on high fan, open vent until just heated.
- 5 Place 1/4 cup meat filling in each taco; line up next to each other in steam table pan. CCP: Hold for service at 140 F. or higher.
- 6 Just before serving, top each taco with 2 tablespoons cheese, 2-1/3 tablespoons lettuce, 2 teaspoons onions, and 1 tablespoon taco sauce.