TACOS (GROUND BEEF)

Yield 100  Portion 2 Tacos

<table>
<thead>
<tr>
<th>Calories</th>
<th>Carbohydrates</th>
<th>Protein</th>
<th>Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Calcium</th>
</tr>
</thead>
<tbody>
<tr>
<td>443 cal</td>
<td>21 g</td>
<td>32 g</td>
<td>26 g</td>
<td>106 mg</td>
<td>810 mg</td>
<td>259 mg</td>
</tr>
</tbody>
</table>

**Ingredient**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Weight</th>
<th>Measure</th>
<th>Issue</th>
</tr>
</thead>
<tbody>
<tr>
<td>TACO SAUCE</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BEEF,GROUND,BULK,RAW,90% LEAN</td>
<td>22 lbs</td>
<td>3 qts 2 cup</td>
<td></td>
</tr>
<tr>
<td>SALT</td>
<td>2-1/3 oz</td>
<td>1/4 cup</td>
<td></td>
</tr>
<tr>
<td>PEPPER,RED,GROUND</td>
<td>&lt;1/16th oz</td>
<td>1/8 tsp</td>
<td></td>
</tr>
<tr>
<td>CUMIN,GROUND</td>
<td>1/4 oz</td>
<td>1 tbsp</td>
<td></td>
</tr>
<tr>
<td>GARLIC POWDER</td>
<td>1/2 oz</td>
<td>1 tbsp</td>
<td></td>
</tr>
<tr>
<td>CHILI POWDER,LIGHT,GROUND</td>
<td>2-1/8 oz</td>
<td>1/2 cup</td>
<td></td>
</tr>
<tr>
<td>FLOUR,WHEAT,GENERAL PURPOSE</td>
<td>10-1/4 oz</td>
<td>2-3/8 cup</td>
<td></td>
</tr>
<tr>
<td>SHELLS,TACO,CORN</td>
<td>4-2/3 lbs</td>
<td>200 each</td>
<td></td>
</tr>
<tr>
<td>CHEESE,CHEDDAR,GRATED</td>
<td>6 lbs</td>
<td>1 gal 2 qts</td>
<td></td>
</tr>
<tr>
<td>LETTUCE,ICEBERG,FRESH,CHOPPED</td>
<td>5-7/8 lbs</td>
<td>3 gal</td>
<td>6-1/4 lbs</td>
</tr>
<tr>
<td>ONIONS,FRESH,CHOPPED</td>
<td>3-1/8 lbs</td>
<td>2 qts 1 cup</td>
<td>3-1/2 lbs</td>
</tr>
</tbody>
</table>

**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.