

Bean Taco

Meal Components: Vegetable, Grains, Meat / Meat Alternate

Main Dishes, D-13A

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned pinto beans, drained	8 lb 7 oz	1 gal 3 cups (2 No. 10 cans)	16 lb 14 oz	2 gal 1 1/2 qt (4 No. 10 cans)	<ol style="list-style-type: none"> Heat canned pinto beans before draining. Puree beans to a smooth consistency.
OR	OR	OR	OR	OR	
*Dry pinto beans, cooked (see Special Tip)	8 lb 7 oz	1 gal 2 1/2 cups	16 lb 14 oz	2 gal 1 1/4 qt	
*Fresh onions, chopped	5 oz	3/4 cup 2 Tbsp	10 oz	1 3/4 cups	<ol style="list-style-type: none"> Add onions, granulated garlic, pepper, tomato paste, water, and seasonings. Blend well. Bring to boil. Reduce heat and simmer for 25-30 minutes. Stir periodically.
OR	OR	OR	OR	OR	
Dehydrated onions	1 oz	1/2 cup	2 oz	1 cup	
					<ol style="list-style-type: none"> CCP: Hold for hot service at 135° F or higher.
Granulated garlic		1 Tbsp 1 1/2 tsp		3 Tbsp	
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Canned tomato paste	14 oz	1 1/2 cups 1 Tbsp	1 lb 12 oz	3 cups 2 Tbsp (1/4	

Water		1 qt		2 qt	
Chili powder		2 Tbsp		1/4 cup	
Ground cumin		1 Tbsp 1 1/2 tsp		3 Tbsp	
Paprika		1 1/2 tsp		1 Tbsp	
Onion powder		1 1/2 tsp		1 Tbsp	
Reduced fat cheddar cheese, shredded	1 lb 10 oz	1 qt 2 1/2 cups	3 lb 4 oz	3 qt 1 cup	4. For topping: Set cheese aside for step 5. Combine tomatoes and lettuce. Toss lightly. Set mixture aside for step 5.
*Fresh tomatoes, diced	1 lb 5 oz	2 3/4 cups 2 Tbsp	2 lb 10 oz	1 qt 1 3/4 cups	
*Fresh lettuce, shredded	2 lb 7 oz	1 gal 2 cups	4 lb 14 oz	2 gal 1 qt	
Enriched taco shells (at least 0.45 oz each)		100 each		200 each	

5. **See below for serving suggestions.

Notes

Comments:

*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ¼ cup 1 ½ tsp Mexican Seasoning Mix. For 100 servings, use ½ cup 1 Tbsp Mexican seasoning Mix.

**Serving suggestions (2 tacos per serving):

A. Before serving or on serving line, fill each taco shell with a No. 20 scoop (about 3 Tbsp) bean mixture. On each student tray, serve 2 tacos, No. 10 scoop (? cup) lettuce and tomato mixture, and ½ oz (2 Tbsp 1 tsp) shredded cheese.

OR

B.1. Preportion No. 10 scoop (? cup) lettuce and tomato mixture and ½ oz (2 Tbsp 1 tsp) shredded cheese into individual soufflé cups. Refrigerate until service.

B.2. Transfer bean mixture and taco shells to steamtable pans. On each student tray, serve 2 unfilled taco shells, 1 No. 10 scoop (? cup) bean mixture, with preportioned lettuce and tomato mixture and preportioned cheese. Instruct students to "build" their own tacos.

Special Tip:

SOAKING BEANS

Overnight method: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with cooking beans.

Quick-soak method: Boil 1 ¾ 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 cooking beans.

COOKING BEANS

Once the beans have been soaked, add ½ tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

CCP: Hold for hot service at 135° F.

OR

Chill for later use.

CCP: Cool to 70° F within 2 hours and to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans = about 2 ½ cups dry or 5 ¼ cups cooked pinto beans.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Mature onions	6 oz	12 oz
Head lettuce	3 lb 4 oz	6 lb 8 oz
Tomatoes	1 lb 9 oz	3 lb 2 oz
Dry pinto beans	3 lb 9 oz	7 lb 2 oz

Serving	Yield	Volume
2 tacos provide 1 ¼ oz equivalent meat/meat alternate, ½ cup of vegetable, and 1 serving of grains/breads.	50 Servings: about 11 lb 3 oz (filling) about 19 lb 9 oz	50 Servings: 1 gallon 1 quart (filling) 100 tacos
	100 Servings: about 22 lb 6 oz (filling) about 39 lb 2 oz	100 Servings: 2 gallons 2 quarts (filling) 200 tacos

Nutrients Per Serving					
Calories	249	Saturated Fat	3 g	Iron	3 mg
Protein	11 g	Cholesterol	8 mg	Calcium	226 mg
Carbohydrate	32 g	Vitamin A	601 IU	Sodium	536 mg
Total Fat	9 g	Vitamin C	9 mg	Dietary Fiber	6 g