

Taco Salad

Meal Components: Vegetable, Grains, Meat / Meat Alternate

Salads, Sauces, Condiments & Dressings, E-13

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	3 lb 3 oz		6 lb 6 oz		<ol style="list-style-type: none"> 1. Brown ground beef. Drain. Continue immediately. 2. Add onions, salt, granulated garlic, pepper, tomato paste, water, Chili powder, cumin, paprika, and onion powder. Blend well. Bring to boil. Reduce heat. Simmer for 25-30 minutes.
*Fresh onions, chopped	2 1/2 oz	1/4 cup 3 Tbsp	5 oz	3/4 cup 2 Tbsp	
Salt		1 Tbsp		2 Tbsp	
Granulated garlic		2 1/4 tsp		1 Tbsp 1 1/2 tsp	
Ground black or white pepper		1 tsp		2 tsp	
Canned tomato paste	7 oz	3/4 cup 1 1/2 tsp (1/4 No. 2-1/2 can)	14 oz	1 1/2 cups 1 Tbsp (1/2 No. 2-1/2 can)	
Water		2 1/2 cups		1 qt 1 cup	
Chili powder		1 Tbsp		2 Tbsp	
Ground cumin		2 1/4 tsp		1 Tbsp 1 1/2 tsp	
Paprika		3/4 tsp		1 1/2 tsp	

*Fresh lettuce, shredded	2 lb	1 gal	4 lb	2 gal	3. Combine lettuce and tomatoes. Toss lightly. Refrigerate until ready to serve.
*Fresh tomatoes, diced, chilled	14 1/2 oz	2 cups	1 lb 13 oz	1 qt	
Enriched taco shell pieces	1 lb 6 1/2 oz	3 qt 1 cup	2 lb 13 oz	1 gal 2 1/2 qt	
OR	OR	OR	OR	OR	
Enriched tostada shells (at least 0.9 oz each)	1 lb 6 1/2 oz	25 each	2 lb 13 oz	50 each	
Reduced fat Cheddar cheese	13 oz	3 1/4 cups	1 lb 10 oz	1 qt 2 1/2 cups	

4. Portion is 1 salad. Serving suggestions: [A] Assemble each salad as follows, or in preferred order: 1st layer: at least 0.9 oz (approximately 1/2 cup) taco shell pieces or 1 tostada shell; 2nd layer: 1 3/4 oz (approximately 3/4 cup) lettuce and tomato mixture;

OR

5. [B] (1) Preportion 1 3/4 oz (approximately 3/4 cup) lettuce and tomato mixture and 1/2 oz (2 Tbsp) shredded cheese into individual soufflé cups. Refrigerate until ready to serve. (2) Transfer meat mixture and taco shell pieces or tostada shells into pans.

6. Instruct children how to "build" their own taco salad.



Notes

* See Marketing Guide

Special Tip:

If desired, serve with Taco Sauce.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Marketing Guide

Food as Purchased for	25 Servings	25 Servings
Mature onions	3 oz	6 oz
Head lettuce	2 lb 11 oz	5 lb 6 oz
Tomatoes	1 lb 1 oz	2 lb 2 oz

Serving	Yield	Volume
1 salad provides the equivalent of 2 oz of cooked lean meat, $\frac{3}{4}$ cup of vegetable, and the equivalent of 1 slice of bread.	25 Servings: 8 lb 15 $\frac{1}{2}$ oz	25 Servings: 2 quarts $\frac{1}{4}$ cup (meat filling) 25 salads
	50 Servings: 17 lb 15 oz	50 Servings: 1 gallon $\frac{1}{2}$ cup (meat filling) 50 salads

Nutrients Per Serving

Calories	296	Saturated Fat	6 g	Iron	3 mg
Protein	18 g	Cholesterol	46 mg	Calcium	201 mg
Carbohydrate	20 g	Vitamin A	675 IU	Sodium	531 mg
Total Fat	16 g	Vitamin C	10 mg	Dietary Fiber	3 g