

Chicken or Turkey Taco - USDA Recipe 130C

Meal Components: Vegetable - Red / Orange, Vegetable - Other, Grains, Meat / Meat Alternate

D13C

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh onions, chopped	3 oz	1/2 cup 1 Tbsp 1 tsp	6 oz	1 cup 2 Tbsp 2 tsp	<ol style="list-style-type: none"> Combine onions, corn, garlic powder, salt, pepper, tomato paste, water, and seasonings in a large stock pot. Heat uncovered over medium heat for 5 minutes. Stir well. Bring to a boil.
Frozen corn	8 oz	1 1/4 cups 2 Tbsp	1 lb	2 3/4 cups	
Garlic powder		2 1/4 tsp		1 Tbsp 1 1/2 tsp	
Salt		1/2 tsp		1 tsp	
Ground black pepper		1 tsp		2 tsp	
Canned no-salt-added tomato paste	7 oz	3/4 cup	14 oz	1 1/2 cups (1/8 No. 10 can)	
Water		3 cups		1 qt 2 cups	
Chili powder		1 Tbsp		2 Tbsp	
Ground cumin		2 1/4 tsp		1 Tbsp 1 1/2 tsp	

Onion powder		3/4 tsp		1 1/2 tsp	
Frozen cooked diced chicken, thawed, 1/2" pieces	2 lb 14 oz	2 qt 2 cups	5 lb 12 oz	1 gal 1 qt	2. Add chicken. Reduce heat and simmer for 25-30 minutes, stirring occasionally.
Frozen cooked diced turkey, thawed, 1/2" pieces	2 lb 14 oz	2 qt 2 cups	5 lb 12 oz	1 gal 1 qt	3. Critical Control Point: Heat to 165 °F for 15 seconds or higher. 4. Critical Control Point: Hold for hot service at 140 °F or higher.
Brown rice, long-grain, regular, dry, parboiled (B-03) (See Notes Section)	1 lb 13 oz	1 qt 1/2 cup	3 lb 10 oz	2 qt 1 cup	5. See B-03 for recipe ingredients and directions. Set rice aside for step 9.
*Fresh lettuce, shredded	1 lb 4 oz	1 qt 3 cups	2 lb 8 oz	3 qt 2 cups	6. For topping: Combine lettuce and tomatoes. Toss slightly. Set mixture aside for step 12.
*Fresh tomatoes, chopped	11 oz	1 1/2 cups	1 lb 6 oz	3 cups	
Reduced-fat Cheddar cheese, shredded	10 oz	2 1/2 cups	1 lb 4 oz	1 qt 1 cup	7. Set cheese aside for step 13.
Whole-grain yellow corn taco	1 oz	50 each	2 oz	100 each	8. Assembly (2 tacos per serving):

9. First layer: Using a No. 8 scoop, divide equally between two tacos, 1/2 cup (about 4 oz) rice on bottom of taco shells.
10. Second layer: Using a No. 30 scoop, spread 1/8 cup (about 1 1/2 oz) chicken mixture in each taco shell.
11. Transfer tacos to a steam table pan (12" x 20" x 2 1/2").
12. Third layer: Using a No. 10 scoop, divide equally between two tacos, 3/8 cup (about 1 1/2 oz) lettuce and tomato mixture on top of chicken mixture.
13. Fourth layer: Using a No. 40 scoop, divide equally between two tacos, 1 Tbsp 1 tsp (about 1/3 oz) shredded cheese on top of lettuce and tomato mixture.
14. OR
15. Instruct students to "build" their own tacos.
16. Serve each student:

Notes

*Remove salt from B-03 Cooking Rice ingredients when including dish in D-13C Chicken or Turkey Taco Recipe.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 2 tacos provide 2 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup other vegetable, 1/8 cup additional vegetable, and 2 oz equivalent grains.

CACFP Crediting Information: 2 tacos provide 2 oz meat/meat alternate, 3/8 cup vegetable, and 2 servings grains/bread.

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Mature onions	4 oz	8 oz
Lettuce	1 lb 11 oz	3 lb 6 oz
Tomatoes	13 oz	1 lb 10 oz

Serving	Yield	Volume
See Notes	25 Servings: about 5 lb 2 oz (chicken mixture)	25 Servings: about 2 quarts 2 1/4 cups (chicken mixture) / 50 tacos
	50 Servings: about 10 lb 4 oz (chicken mixture)	50 Servings: about 1 gallon 1 quart 1/2 cup (chicken mixture) / 100 tacos

Nutrients Per Serving					
Calories	281	Saturated Fat	3 g	Iron	
Protein	18 g	Cholesterol	37 mg	Calcium	61 mg
Carbohydrate	29 g	Vitamin A	304 IU	Sodium	447 mg
Total Fat	5 g	Vitamin C	3 mg	Dietary Fiber	4 g