

# Taco Meat

Meat/Meat Alternate

E-13 modified

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Ground beef, raw, no more than 10% fat	6 lb 6 oz				<p>1. Brown ground beef. Drain. Continue immediately.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 155° F for 17 seconds.</i></p> <p><i>Thoroughly wash, rinse, and sanitize surfaces and equipment immediately after handling potentially hazardous foods, and before proceeding to the next recipe step</i></p> <p>2. Add onions, salt, granulated garlic, pepper, tomato paste, water, chili powder, cumin, paprika, and onion powder. Stir well. Bring to boil. Reduce heat. Simmer for 25-30 minutes.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 165° F for 15 seconds.</i></p> <p>3. Serve with lettuce, cheese, tomatoes, salsa, and WGR tortillas.</p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F</i></p>
*Onions, fresh, chopped OR Dehydrated onions	5 oz OR 1 oz	¾ cup 2 Tbsp OR ½ cup			
Salt		1 tsp			
Granulated garlic		1 Tbsp 1 ½ tsp			
Ground black or white pepper		2 tsp			
Tomato paste, canned, low sodium	14 oz	1 ½ cups 1 Tbsp (⅛ No. 10 can)			
Water		1 qt 1 cup			
Chili powder		2 Tbsp			
Ground cumin		1 Tbsp 1 ½ tsp			
Paprika		1 ½ tsp			
Onion powder		1 ½ tsp			

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**Notes: 1 serving (about 1/3 cup) = 1.5 oz meat/meat alt  
1/3 cup meat mixture plus 2 Tbsp of shredded cheese = 2 oz meat/meat alt**

Nutrient information for meat mixture only and calculated using Food Processor.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature Onions	6 oz	12 oz

### Serving:

### Yield:

### Volume:

1-2 years: 2 Tbsp+ 2 tsp meat mixture, 1 Tbsp shredded cheese

3-5 years: 1/4 cup meat mixture, 1 1/2 Tbsp shredded cheese

6-18 years: 1/3 cup meat mixture, 2 Tbsp shredded cheese

### Nutrients Per Serving for Meat Mixture Only

<b>Calories</b>	113.29	<b>Saturated Fat</b>	2.28 g	<b>Iron</b>	1.88 mg
<b>Protein</b>	11.98 g	<b>Cholesterol</b>	37.59 mg	<b>Calcium</b>	11.66 mg
<b>Carbohydrate</b>	2.28 g	<b>Vitamin A</b>	12.48 RAE	<b>Sodium</b>	99.21 mg
<b>Total Fat</b>	5.88 g	<b>Vitamin C</b>	0.81 mg	<b>Dietary Fiber</b>	0.78 g