

Beef and Veggie Tacos

Ingredients	16 Servings Makes 32 tacos		100 Servings Makes 200 tacos		Directions
	Weight	Measure	Weight	Measure	
Ground beef (90% lean)	1 lb 8 oz		8 lb 6 oz		1. Heat a large skillet over medium heat. Break the ground beef up, add it to the hot skillet, and cook, stirring as needed to cook evenly and break up clumps, until the meat is well browned, about 10 minutes. Transfer the cooked beef to a wire-mesh sieve and let it drain for 10 minutes to remove excess fat. (Leave enough fat in the pan to coat it.)
Onions, yellow, chopped	2 oz	1/3 cup	9 oz	2 cups	
Garlic, minced	1/4 oz	1 tbsp	1 1/2 oz	1/2 cup	2. Return the skillet to low heat while the beef drains. Add the onions and garlic and cook, stirring frequently, until the onions are a light golden color, about 5 minutes.
Chili powder		2 tsp		3 tbsp	
Cumin, ground		2 tsp		3 tbsp	
Paprika, mild		1 tsp		4 tsp	
Onion powder		1 tsp		2 tbsp	
Black pepper, ground		1/2 tsp		1 tbsp	3. Add the chili powder, cumin, paprika, onion powder, and pepper. Stir to combine evenly
Tomato paste	3 1/3 oz	1/3 cup	1 lb 4 oz	2 1/8 cups	
Carrots, peeled, grated	4 1/2 oz	1 1/4 cups	1 lb 12 oz	2 qt	4. Add the tomato paste and cook, stirring frequently, until the tomato paste turns a deep red, about 2 minutes.
Zucchini, grated	5 oz	1 1/4 cups	1 lb 14 oz	2 qt	



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(continued)

Green bell pepper, fresh or frozen and thawed, chopped	2 oz	1/3 cup	12 oz	2 1/4 cups	
Corn kernels, frozen, thawed	2 1/2 oz	1/2 cup	1 lb	3 1/3 cups	
Water	12 oz	1 1/2 cups	4 lb 8 oz	2 qt 1 cup	
Lettuce, romaine or leaf, shredded	9 1/2 oz	3 3/4 cups	3 lb 10 oz	1 gal 2 qt 2 3/4 cups	6. Toss together the lettuce and tomatoes and keep chilled until ready to serve
Tomatoes, plum or slicing, fresh, chopped	4 1/4 oz	3/4 cup	1 lb 11 oz	3 2/3 cups	
Cheddar cheese, reduced fat, shredded	8 oz	2 cups	3 lb 4 oz	3 qt 1 cup	
Taco shells, enriched, (5-in diameter' at least .45 oz each), unsalted, baked	32 each	32 each	200 each	200 each	7. To serve, use a No. 16 scoop (1/4 cup) to fill tacos with the filling mixture. Add a No. 10 scoop (3/8 cup) of the lettuce/tomato mixture. Top each taco with 2 tablespoons of the shredded cheese. Serve 2 tacos per portion.

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Recipe Notes:

Serve with steamed brown rice, vegetable, fresh fruit, and skim milk.

Serving Notes:

One serving (2 tacos) provides 2 oz equivalent meat/meat alternate, 1/2 cup of vegetable, and 1 serving of grains/breads.

Serve 2 tacos per portion.

	16 Servings	100 servings
Total Weight (filling):	1 lb 12 oz	11 lb
Total Volume (filling)	4 cups	25 cups
Serving Size (per taco weight):	1 1/2 oz	1 1/2 oz
Serving Size (volume):	2 tacos	2 tacos

Nutrients Per Serving (includes garnish)					
Calories	240	Saturated Fat	4 g	Iron	1.7 mg
Protein	13 g	Cholesterol	25 mg	Calcium	164 mg
Carbohydrate	22 g	Vitamin A-RE	195 mcg	Sodium	131 mg
Total Fat	12 g	Vitamin C	8 mg	Dietary Fiber	3.5 g

