

Taco Tater Rockets



Ingredients	Weight	Measure	Directions
Russet Potatoes, 120 Count, Skin On		50	<ol style="list-style-type: none"> Preheat oven to 350° F. Scrub potatoes and use a fork to poke holes all around the potato, about 4-6 pokes. Place potatoes in a large container. Drizzle with vegetable oil and rub oil all over the skin of each potato. Place oiled potatoes on a parchment-lined sheet pan. Bake in the preheated oven for about 1 hour, or until the skin is crisp and the flesh is soft. Hold hot at or above 135° F until ready to serve. While potatoes are baking, if using raw ground beef, prepare the taco filling. Brown the ground beef in a large sauté pan, tilt skillet or steam-jacketed kettle. Add the diced onions and garlic, and continue to cook until the onions are softened. Stir in the chili powder, cumin, black pepper and salt. Add the tomato sauce and bring the meat to a simmer. Continue to cook 10-20 minutes, partially covered, stirring occasionally. Transfer the taco filling to full-size 2-inch steamtable pans, cover and hold hot at or above 135° F until ready to serve. *If using prepared beef taco filling, follow the manufacturer's instructions for reheating the quantity needed for 1.5-ounce equivalent meat/meat alternate per serving. To serve, split each potato in half lengthwise and squeeze each end toward the middle to open. Place in a portion container. Use a number 12 scoop to fill with 1/3 cup taco mixture and top with 2 tbs (1/2 ounce) mozzarella cheese. Serve with 1 tbs salsa on the side. Direct students to additional toppings on the salad bar. Place lettuce, tomato, black olives and cilantro in separate containers on the salad bar. Use a 1/4 cup portion server for the lettuce, a 1/8 cup portion server for the tomatoes and black olives, and small tongs for the cilantro.
Vegetable Oil		¼ cup	
Ground Beef (85/15)	6 lbs, 5 oz		
Yellow Onion, Diced	6oz	1 1/4 cups	
Garlic, Minced		1/3 cup	
Chili Powder		2 tbs	
Cumin		1 tbs 2 tsp	
Black Pepper		2 tsp	
Salt		2 tsp	
Tomato Sauce, Low Sodium	4 lbs, 4 oz	2 quarts	
Mozzarella Cheese, Part Skim, Shredded	1 lb, 9 oz		
Salsa, Prepared		3 cups 2 tbs	
Lettuce, Shredded		3 quarts 1/2 cup	
Tomato, Diced	2 lbs 14 oz		
Black Olives, Sliced		1 quart 2 1/4 cups	
Cilantro, Chopped		1 quart	

Serving Size	1 Serving Provides	Yield
1 baked potato with taco filling	1/2 cup starchy vegetable, 2 ounce equivalent meat, meat alternate	50

Nutrients Per Serving		
Calories 360	Saturated Fat 5.3 g	Iron 4 mg
Protein 19 g	Cholesterol 47 mg	Calcium 202 mg
Carbohydrate 39 g	Vitamin A 978 IU	Sodium 434 mg
Total Fat 14.7 g	Vitamin C 17 mg	Dietary Fiber 4 g