

Taco-the-Town

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Intermediate

| Ingredients | Weight | Measure | Weight | Measure |
|--|--------|---------------------|--------|---------------------|
| Tortilla, 10 inch, whole grain rich OR | | 50 each | | 100 each |
| Crunchy Taco Shells, 2 Each | | 100 each | | 200 each |
| Black beans, canned, drained | | 1 ½ gallons + 1 cup | | 3 gallons + 1 pint |
| Salsa, canned | | ¾ gallon + ½ cup | | 1 ½ gallons + 1 cup |

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Combine beans and salsa. Heat in steamer until internal temperature reaches 140°F for 15 seconds. Cover and hold in warmer.
2. Steam soft tortillas in package for 2 minutes or until pliable.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

For Soft Taco

On the serving line, place one tortilla on the tray. Spread ½ cup of beans in center of the tortilla. Top beans with ½ cup corn salsa (customer may decline) or portion in individual cups and offer on the serving line. Fold tortilla over beans and vegetables and serve with taco sauce.

For Crunchy Tacos

On the serving line, place two taco shells on the tray. Scoop ¼ cup of beans in the center of each tortilla. Top each taco with ¼ cup corn salsa (customer may decline) or portion in individual cups and offer on the serving line.

*Optional- Serve one crunchy taco with ½ cup of beans and ½ cup corn salsa as listed above. Serve ½ cup Spanish rice or cilantro seasoned rice with the crunchy taco.

Each option listed above provides 2 meat/meat alternates, 2 ounce equivalent grains (if 10 inch tortilla provide 2 ounce equivalents, 2 crunchy tacos, 1 crunchy taco and ½ cup rice) and 1/8 cup red/orange vegetable. Picante corn salsa provides ¼ cup starchy and ¼ cup red/orange vegetable.

Nutrition Information per soft taco *From USDA Nutrient Database

*Not including Caliente Corn Salsa

Calories: 292 Total Fat: 6g Saturated Fat: 3g Monounsaturated Fat: 2g Polyunsaturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 49g Fiber: 13g Total Sugar: 4g Protein: 13g Sodium: 634mg Vitamin A: 15µg Vitamin C: 1mg Calcium: 194mg Iron: 4mg Folate: 127µg



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