

Tasty Taco Filling

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
Beefless crumbles, 2 oz. = 2 meat alternates	6 lbs. 4 oz.		12 lbs. 8 oz.	
Water		1 quart		2 quarts
Onion Powder		3 Tbsp.		3/8 cup
Chili Powder		1 ½ Tbsp.		3 Tbsp.
Cumin		1 ½ Tbsp.		3 Tbsp.
Paprika		1 ½ Tbsp.		3 Tbsp.
Garlic Powder		1 ½ Tbsp.		3 Tbsp.
Oregano, dried		1 ½ Tbsp.		3 Tbsp.
Sugar, granulated		1 ½ Tbsp.		3 Tbsp.
Salt		¾ tsp		1 ½ tsp
Pepper, red or cayenne		½ cup		1 cup

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

Preparation

1. Heat beefless crumbles in tilt skillet or steam jacketed kettle.
2. Add water and seasonings to the crumbles. Mix and bring to a boil.
3. Reduce heat and simmer for 15 minutes.

HACCP Critical Control Point: Heat to a temperature of 150°F for 15 seconds.

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

Use a #10 scoop (3/8 cup) and serve on taco shell, tortilla or salad.

Each scoop provides 2 ounces meat/meat alternate.

Nutrition Information per 2 m/ma serving *From USDA Nutrient Database

Calories: 89 Total Fat: 3g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 3g Fiber: 2g Total Sugar: 1g Protein: 13g Sodium: 308mg Vitamin A: 26µg
Vitamin C: 1mg Calcium: 11mg Iron: 4mg Folate: 2µg