

Street Tacos featuring GroundPro Lentils

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield: **50 Servings** OR **100 Servings**

Skill Level: Basic

Ingredients	Weight	Measure	Weight	Measure
GroundPro lentil crumbles, prepared *Follow package instructions	3 pounds 8 ounces		7 pounds	
Taco seasoning, reduced sodium		1 ½ cups		3 cups
Pinto beans, canned, drained, rinsed		2 - #10 cans		4 - #10 cans
Salsa, canned		1 - #10 can		2 - #10 cans
Romaine lettuce, chopped, ready-to-use	4 pounds		8 pounds	
Tomatoes, diced, ready-to-use	5 pounds 12 ounces		11 pounds 8 ounces	
Crunchy taco shells OR Soft taco shells		100 Each		200 Each
Corn tortilla chips, bulk OR Corn tortilla chips, individually packaged	3 pounds 2 ounces OR		6 pounds 4 ounces OR	
		50 Each		100 Each

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

Preparation

1. Prepare lentil crumbles according to package instructions, either in the oven or steamer. Lentil preparation should take approximately 20 minutes.
2. Combine the lentil crumbles, pinto beans, taco seasoning, and salsa in steamtable pans. Cover and steam for approximately 10 minutes, until heated throughout.

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.

3. Portion ½ cup lettuce and ¼ cup diced tomatoes in 6-ounce souffle cups. Cover.

Follow serving information below.

Serving Information/Notes

Use a #10 scoop (3/8 cup) to portion the taco mix into each taco shell. Serve with lettuce and tomato cup and 1-ounce grain equivalent of corn tortilla chips.

Two tacos provide 2 meat alternates, 1-ounce equivalent grains, and ¼ cup red/orange vegetable.

Serve with the side salad to provide an additional 1/4 cup red/orange vegetable and ¼ cup dark green vegetable and the tortilla chips to provide the additional 1-ounce grain equivalent.

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Nutrition Information

Tacos with lettuce, tomato, and corn tortilla chips

Calories: 426 Total Fat: 12.4g Saturated Fat: 2.5g Monounsaturated Fat: 4.8g Polyunsaturated Fat: 4.3g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 64g Fiber: 12g Total Sugars: 5.6g Protein: 14g Sodium: 542mg
Vitamin A: 134µg Vitamin C: 9.7mg Calcium: 117mg Iron: 4.2mg Folate: 233µg



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OF THE UNITED STATES