

Taco Meat for Sweet Tater Taco

Meal Component(s):
2 oz. Meat/Meat Alternates

Recipe HACCP Process: : #2 Same Day Service

Portion Size: 2 ounce/ no. 12 disher

Servings: 58

INGREDIENTS	WEIGHT	MEASURE	DIRECTIONS
Ground beef, raw, 80/20	10 pounds		<ol style="list-style-type: none"> 1. Thaw beef on bottom shelf in refrigerator. 2. CCP: Cook ground meat to a minimum internal temperature of 155°F. Be sure to drain well. 3. Meat may be cooked in a kettle, steamer, stockpot, or tilting skillet/braising pan. (Note: May need to add a small amount of water if cooking in tilt skillet to prevent sticking.) 4. For Steamer Method: <ol style="list-style-type: none"> a. Spray 4-inch perforated pan and set in 6 inch solid pan. . b. Add 10 lbs. beef and crumble with gloved hands. c. Steam for 20 to 25 minutes until minimum internal temperature reaches 155°F. 5. Crumble into very small pieces using gloved hands, Vertical Cutter Mixer (VCM), or other grinding method.
Onions, small dice	1 pound	1 quart	
Taco Seasoning, School Made – See NC K-12 Culinary recipe		1/3 cup	
Cilantro, fresh, chopped fine		2 Tablespoons	
Cayenne pepper		2 1/2 teaspoons	<ol style="list-style-type: none"> 6. While meat is cooking, steam or sauté onions until translucent. 7. Season warm, cooked, drained beef immediately with cooked onions, taco seasoning, chopped cilantro, and cayenne pepper. 8. CCP: Hold and serve at 135°F or above. 9. For 2 oz. portion, use a number 12 disher. Note: Yield is 60 portions for 85/15 ground beef.

Nutrients Per Serving

Calories 94 Total Fat 6.89g Saturated Fat 3.26g Protein 5.99g Carbohydrate 0.57g Sodium 53mg



Recipe created and shared by the [North Carolina Farm to School Program](http://www.ncfarmtoschool.org)