

# Cooking for Kids

## Recipe Sizing Report

000103 - Southwest Taco Soup :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 50 Size of Portion: 3/4 CUP	Meat/Alt: 2 oz Grains: 0.5 oz Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
051506 Beef, Crumbles w/SPP, Cooked, Frozen..... 799957 BEANS, CANNED, PINTO, WHOLE, LOW-SODIUM..... 050486 CORN, YELLOW, WHOLE KERNEL, COOKED FROM... 051504 Tomatoes, Diced, No Salt Added, Canned..... 051495 Salsa, Low-sodium, Canned.....	5 lbs + 14 ozs 1 #10 can drained 3 lbs + 4 1/2 ozs 6 lbs + 4 ozs 2 lbs + 8 ozs	1. In a large pot, combine beef, beans, corn, tomatoes, and salsa. Simmer for 10 minutes over medium heat.
902937 Ranch Mix..... 002075 SEASONING MIX, DRY, TACO, ORIGINAL..... 799903 GARLIC, GRANULATED..... 014429 BEVERAGES, H2O, TAP, MUNICIPAL.....	6 ozs 6 ozs 1 Tbsp + 3/4 tsp 8 3/4 cup	
051556 Cheese, Cheddar, Yellow, Reduced Fat, Sh..... 902985 CHIPS, TORTILLA, OVEN BAKED, REGULAR, WH.....	1 lb + 4 ozs 1 lb + 9 ozs	2. Add ranch seasoning, taco seasoning, garlic, and water. Simmer for an additional 45 minutes over low heat. Ensure that the internal temperature reaches 165° F. Remove from heat and hold in warmer at 140° F or higher.  3. To serve, place soup in a bowl and top with cheese and chips.

\*Nutrients are based upon 1 Portion Size (3/4 CUP)

Calories	277 kcal	Cholesterol	45 mg	Sugars	*2.5* g	Calcium	*51.33* mg	35.45%	Calories from Total Fat
Total Fat	10.93 g	Sodium	647 mg	Protein	16.26 g	Iron	*2.32* mg	17.00%	Calories from Saturated Fat
Saturated Fat	5.24 g	Carbohydrates	29.85 g	Vitamin A	*596.7* IU	Water <sup>1</sup>	*41.64* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	6.05 g	Vitamin C	*11.2* mg	Ash <sup>1</sup>	*1.12* g	43.06%	Calories from Carbohydrates
								23.45%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**