

Southwest Taco Soup - CACFP

General Information

Recipe #	Category	Source
2031711	Lunch Entree 	Local

Ingredients

Name	Quantity	Quantity + 2
Beef, ground, 90% lean meat / 10% fat, raw	1 lbs., 10 oz.	
Beans, pinto, canned, drained solids	½ c., 2 tbsp. drained	
Corn, sweet, yellow, canned, whole kernel, drained solids	11 oz.	
Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	15 oz.	
Sauce, salsa, ready-to-serve	1 ½ c., 2 tbsp.	
Spices, pepper, black	¼ tsp. ground	
Seasoning Mix, Ranch, Dry, Packet, 18/3.2oz, 3.6#, Hidden Valley, 21004	1 tbsp., 1 ½ tsp. dry	
Seasoning mix, dry, taco, original	1 tbsp.	
Spices, garlic powder	1 tsp.	
Beverages, water, tap, municipal	1 pt., ½ c.	
Cheese, cheddar, nonfat or fat free	6 ½ oz.	
Tortilla Chips, Yellow Corn, Round, 12#, Mission, 08641	6 ¼ oz.	

Preparation Instructions

HACCP Process: #3 - Complex Food Preparation

1. In a large pot, add 1 Tbsp vegetable oil and heat over medium heat. Add beef and brown well. Remove from heat and drain beef. Put back on the heat and add beans, corn, tomatoes, and salsa. Simmer for 10 minutes over medium heat.
2. Add black pepper, ranch seasoning, taco seasoning, garlic, and water. Simmer for an additional 45 minutes over low heat. Ensure that the internal temperature reaches 165 degrees F. Remove from the heat.
3. To serve, place soup in a bowl and top with 1/4 oz of cheese and chips.

Separate raw animal foods, such as eggs, fish, meat, and poultry, from ready-to-eat foods, such as lettuce, cut melons, and lunch meats during receiving, storage, and preparation.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove products from storage using oldest pack date first. If frozen, keep product in original packaging and place in a pan(s). Place in cooler following proper HACCP storage guidelines to prevent cross-contamination.

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as



Southwest Taco Soup - CACFP

Serving Size	Yield
½ Cup	25.00

Nutrition Facts

Serving Size ½ Cup (122 gm)		
Amount Per Serving		
Calories		122.835
% Daily Value*		
Total Fat	4.995 gm	7.684%
Saturated Fat	1.460 gm	7.3%
Trans Fat	0.159* gm	
Cholesterol	20.491 mg	6.83%
Sodium	411.028 mg	17.126%
Total Carbohydrate	10.047 gm	3.349%
Dietary Fiber	1.780 gm	7.119%
Total Sugars	1.806 gm	
Includes 0.000 * gm of Added Sugars		
Protein	9.874 gm	19.748%
Vitamin A	13.905* mcg RAE	1.545%
Vitamin C	2.730 mg	4.55%
Vitamin D	0.037* mcg	0.184%
Calcium	90.894 mg	9.089%
Iron	0.972 mg	5.399%
Potassium	241.152 mg	5.131%
Saturated Fat % of Calories		10.697 %
Added Sugar % of Calories		0.000 %

* Indicates missing Nutrient Information.
^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

Component	Measurement
Meat/Meat Alternates	1 oz

well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

If a recipe contains a combination of meat products, cook the product to the highest required temperature.

CCP: Heat to 165° F or higher for at least 15 seconds.

Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

CORRECTIVE ACTION HOT FOOD: All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

CCP: Record time and internal temperature of completed recipe on daily log.

Dates

Last Updated	Created
01-06-2026	12-10-2025

Grains	0.25 oz
Red/Orange	0.125 cups

Added Sugar Limitations ⓘ

Not applicable.

Vendors

Hidden Valley Kitchens 🍽️

Mission Foodservice 🍽️

Edit Recipe