

Beef Taco - CACFP

General Information

Recipe #	Category	Source
1981117	Lunch Entree 	Local

Ingredients

Name	Quantity	Quantity + 2
Onions, raw	½ c. chopped	
Garlic, raw	1 tbsp.	
Beef, ground, 90% lean meat / 10% fat, raw	2 lbs., 8 oz.	
Tomatoes, red, ripe, raw, year round average	¾ c. chopped or sliced	
Redpack Tomato Paste, 111oz Can - CS of 6	1 tbsp.	
Sauce, salsa, ready-to-serve	1 oz.	
Beverages, water, tap, municipal	1 c.	
Salt, table	1 tsp.	
Spices, chili powder	1 tbsp.	
Seasoning mix, dry, taco, original	1 tbsp.	
Spices, pepper, black	½ tsp. ground	
Spices, cumin seed	1 tsp. ground	
Soup, chicken broth or bouillon, dry	½ tsp.	
Tortilla, Flour, 6", Whole Wheat, 24/12ct, 19.5#, 1WG, Mission, 10462	25 tortilla	

Preparation Instructions

HACCP Process: #3 - Complex Food Preparation

1. In a large braising pan, heat oil. Add ground beef and brown well. Drain. Add onions and garlic and cook a few minutes more.
2. Add diced tomatoes and tomato paste to beef mixture. Simmer for 15 minutes.
3. Add salsa, water, and remaining seasonings. Simmer for an additional 20 minutes. Ensure the internal temperature reaches 165 degrees F.
4. To serve, place 1/4 cup of the beef mixture on a tortilla. Serve 1 per portion. Hold hot for service.

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.



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Serving Size	Yield
1 Each	25.00

Nutrition Facts

Serving Size 1 Each (98 gm)

Amount Per Serving	
Calories	176.177

		% Daily Value*
Total Fat	6.632 gm	10.203%
Saturated Fat	2.296 gm	11.482%
Trans Fat	0.245* gm	
Cholesterol	29.489 mg	9.83%
Sodium	365.832 mg	15.243%
Total Carbohydrate	16.262 gm	5.421%
Dietary Fiber	2.330 gm	9.318%
Total Sugars	0.477 gm	

Includes 0.000 * gm of Added Sugars		
Protein	11.304 gm	22.608%

Vitamin A	9.232* mcg RAE	1.026%
Vitamin C	1.116* mg	1.859%
Vitamin D	0.045* mcg	0.227%
Calcium	80.407 mg	8.041%
Iron	1.929 mg	10.714%
Potassium	185.543* mg	3.948%

Saturated Fat % of Calories	11.731 %
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

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 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
01-04-2026	09-24-2025

Grains1 oz

Added Sugar Limitations ⓘ

Not applicable.

Vendors

Mission Foodservice 🇺🇸

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