

# Taco Salad - CACFP

## General Information

Recipe # 2032590	Category Lunch Entree 	Source Local
---------------------	------------------------------------------------------------------------------------------------------------	-----------------

## Ingredients

Name	Quantity	+ Quantity 2
Beef, ground, 90% lean meat / 10% fat, raw	2 lbs., 4 oz.	
Onions, raw	½ c. chopped	
Tomatoes, red, ripe, canned, packed in tomato juice	½ c., 2 tbsp.	
Redpack Tomato Paste, 111oz Can - CS of 6	1 tbsp.	
Beverages, water, tap, municipal	1 c.	
Soup, chicken broth or bouillon, dry	1 tsp.	
Sauce, salsa, ready-to-serve	1 tbsp., 1 ½ tsp.	
Salt, table	½ tsp.	
Spices, pepper, black	¼ tsp. ground	
Spices, chili powder	1 tbsp.	
Spices, cumin seed	½ tsp. ground	
Seasoning mix, dry, taco, original	1 tbsp.	
Garlic, raw	1 tbsp., 1 ½ tsp.	
Tortilla Chips, Yellow Corn, Round, 12#, Mission, 08641	1 lbs., 9 oz.	
Lettuce, cos or romaine, raw	13 oz.	

## Preparation Instructions

HACCP Process: #3 - Complex Food Preparation

1. In a large saute pan, add 1 Tbsp of vegetable oil on medium heat. Brown beef. Add onions and cook for a few minutes more. Drain.
2. Mix diced tomatoes with tomato paste and add to beef mixture. Simmer for 15 minutes.
3. Add water, chicken base, salsa, salt, pepper, chili powder, cumin, taco seasoning, and garlic and let simmer for an additional 20 minutes. Ensure that the internal temperature reaches 165 degrees F.
4. To serve. place 1.5oz of beef mixture on 1oz of tortilla chips and top with 1oz of lettuce.

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



## Taco Salad - CACFP

Serving Size 1/3 Cup	Yield 25.00
-------------------------	----------------

## Nutrition Facts

Serving Size 1/3 Cup (106 gm)

Amount Per Serving		
Calories		222.513
		% Daily Value*
<b>Total Fat</b>	11.307 gm	17.396%
Saturated Fat	2.637 gm	13.187%
Trans Fat	0.220* gm	
<b>Cholesterol</b>	26.546 mg	8.849%
<b>Sodium</b>	219.171 mg	9.132%
<b>Total Carbohydrate</b>	19.990 gm	6.663%
Dietary Fiber	2.704 gm	10.816%
Total Sugars	0.668 gm	
Includes 0.000 * gm of Added Sugars		
<b>Protein</b>	10.607 gm	21.214%
Vitamin A	72.202* mcg RAE	8.022%
Vitamin C	1.770* mg	2.949%
Vitamin D	0.041* mcg	0.204%
Calcium	36.132 mg	3.613%
Iron	1.233 mg	6.849%
Potassium	286.396 mg	6.094%
Saturated Fat % of Calories		10.667 %
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**  
01-06-2026

**Created**  
12-12-2025

Grains

1 oz

Dark Green

0.5 cups

## Added Sugar Limitations

Not applicable.

## Vendors

Mission Foodservice 

Edit Recipe