

Taco Soup

Meal Components: Vegetable - Red / Orange, Vegetable - Beans / Peas, Meat / Meat Alternate

Main Dishes, H-13

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 15% fat)	2 lb 2 oz	1 qt	4 lb 4 oz	2 qt	<ol style="list-style-type: none"> 1. Brown ground beef uncovered over medium high heat in a large stock pot. 2. Add spices. Stir well. 3. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. 4. Remove beef mixture and set aside for step 7. 5. Using the same pot, cook onions uncovered over medium heat for 5-7 minutes or until soft.
Chili powder		1/4 cup		1/2 cup	
Ground cumin		1/4 cup 1 Tbsp		1/2 cup 2 Tbsp	
Garlic powder		2 Tbsp		1/4 cup	
Onion powder		2 tsp		1 Tbsp 1 tsp	
Crushed red pepper		1 tsp		2 tsp	
Ground black pepper		2 tsp		1 Tbsp 1 tsp	
*Fresh onions, diced	1 lb 2 oz	3 1/4 cups	2 lb 4 oz	1 qt 2 1/2 cups	

Water		1 qt		2 qt	<p>6. Add water, ranch dressing mix, crushed tomatoes, salsa, corn, and beans. Stir well. Simmer uncovered over low heat for 2 minutes.</p>
Ranch dressing, dry powdered mix	1 oz	1/4 cup	2 oz	1/2 cup	
Canned no-salt-added crushed tomatoes	3 lb 3 oz	1 qt 2 1/2 cups (1/2 No. 10 can)	6 lb 6 oz	3 qt 1 cup (1 No. 10 can)	
Canned low-sodium salsa	1 lb	2 cups	2 lb	1 qt	
Canned no-salt-added corn, drained	1 lb	2 1/2 cups (1/4 No. 10 can)	2 lb	1 qt 1 cup (1/2 No. 10 can)	
Canned no-salt-added kidney beans, drained, rinsed	3 lb 8 oz	2 qt 1 1/4 cup (1 No. 10 can)	7 lb	1 gal 2 1/2 cups (2 No. 10 cans)	
Or *Dry kidney beans, cooked (See Notes Section)	3 lb 8 oz	2 qt 1 1/4 cup	7 lb	1 gal 2 1/2 cups	

7. Add seasoned beef and stir. Simmer uncovered for an additional 15-20 minutes.

8. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

9. Transfer to a steam table pan (12" x 20" x 2 1/2").

10. Serve immediately or cover and place in a

11. Critical Control Point: Hold for hot service at 140 °F or higher.

12. Portion with 8 fl oz spoodle (1 cup).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides: Legume as Meat Alternate: 2 oz equivalent meat/meat alternate, ¼ cup red/orange vegetable, and ¼ cup additional vegetable.

Legume as Vegetable: 1 oz equivalent meat/meat alternate, ¼ cup legume vegetable, ¼ cup red/orange vegetable, and ¼ cup additional vegetable.

CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides: Legume as Meat Alternate: 2 oz meat/meat alternate and ½ cup vegetable.

Legume as Vegetable: 1 oz meat/meat alternate and ¾ cup vegetable.

How to Cook Dry Beans

Portion size

1-2 years old 1/2 cup credits 1 oz M/MA and 1/4 cup vegetable

3-5 years old 3/4 cup credits 1.5 oz M/MA and 3/8 cup vegetable

6-12 years old 1 cup credits 2 oz M/MA and 1/2 cup vegetable

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Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 140 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

1 lb dry kidney beans = about 2 ½ cups dry or 6 ¼ cups cooked beans.

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Onions	1 lb 5 oz	2 lb 10 oz
Dry kidney beans	1 lb 8 oz	3 lb

Serving	Yield	Volume
See Notes	<p>25 Servings: about 13 lb</p> <p>50 Servings: about 26 lb</p>	<p>25 Servings: about 1 gallon 2 quarts 2 cups / 1 steam table pan (12" x 20" x 2 1/2")</p> <p>50 Servings: about 3 gallons 1 quart / 2 steam table pans (12" x 20" x 2 1/2")</p>

Nutrients Per Serving					
Calories	235.29	Saturated Fat	1.92 g	Iron	3.21 mg
Protein	15.23 g	Cholesterol	26.02 mg	Calcium	86.47 mg
Carbohydrate	25.94 g	Vitamin A	207.56 IU	Sodium	284.9 mg
Total Fat	5.57 g	Vitamin C	2.62 mg	Dietary Fiber	7.39 g