

Orfalea Foundation- SFI

Page 1

Recipe Sizing Report

Aug 19, 2013

000037 - School Food Taco Meat-Beef :

HACCP Process: #3 Complex Food Preparation

Number of Portions: 140

Size of Portions: Oz.

023567 BEEF,GROUND,85% LN MEAT / 15% FAT,RAW..	10 lbs
050385 OIL, VEGETABLE.....	2 Tbsp
011282 ONIONS,RAW.....	3 LBS (chopped)
011215 GARLIC,RAW.....	1/2 cup
000095R School Food Spice Mix.....	1/3 cup

Defrost ground beef under refrigeration for 2 days prior to cooking (ground turkey or pork may be substituted)

Pre-heat convection oven to 350°(400° for conventional oven)

1.Put 10# ground meat into 6-inch full sized hotel pan. Spread out with a metal spatula. You may also cook this on the stove top in a large flat bottomed pan or tilt skillet, depending on the quantity you are preparing. Season with 2 T. of spice rub.

2. Cover and cook in the pre-heated oven and stir occasionally. Cook until meat reaches an internal temperature of 160°F (for beef or pork), 165°F (for turkey) according to HACCP SOP. Drain fat from meat.

3. While browning meat, heat the oil in a separate pan over low-medium heat. Add the onions, garlic (finely minced) and the rest of the spice rub. Sweat until the onions are tender and translucent.

4. Add the vegetables to the drained ground meat. Mix well.

Serve immediately or if not serving immediately, hold or chill according to HACCP SOP.

Note: Recipe Uses- This recipe can be used in Nachos, Taco Salad, Burritos, and Frittatas.

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

CCP: Hold at 135° F or higher.

EQUIPMENT:

1-6 INCH FULL HOTEL PANS (PER 10# GROUND MEAT)

1-SET MEASURING SPOONS

1-SCALE

1-1-CUP MEASURING CUP

1-METAL SPATULA

1-PERFORATED HOTEL PAN

1-LARGE SAUTE/FRY PAN

1-KITCHEN SPOON

*Nutrients are based upon 1 Portion Size (Oz.)

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.

Orfalea Foundation- SFI

Page 2

Recipe Sizing Report

Aug 19, 2013

Calories	77 kcal	Cholesterol	22 mg	Protein	6.19 g	Calcium	8.95 mg	59.87%	Calories from Total Fat
Total Fat	5.10 g	Sodium	70 mg	Vitamin A	7.1 RE	Iron	0.77 mg	22.77%	Calories from Sat Fat
Sat Fat	1.94 g	Carbs	1.18 g	Vitamin A	59.3 IU	Water ¹	*30.26* g	*3.56%*	Calories from Trans Fat
Trans Fat ¹	*0.30* g	D. Fiber	0.24 g	Vitamin C	0.9 mg	Ash ¹	*0.48* g	6.17%	Calories from Carbs
								32.31%	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 ¹ - denotes optional nutrient values									

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.