

## Taco Meat/Bean mixture for Taco Salad10

Number of Servings: 15 (160.6 g per serving)

Amount	Measure	Ingredient
26.00	oz	Beef, ground, hamburger, pan browned, 10% fat
14.00	Tbs	Beans, kidney, red, cnd, drained
5.00	oz	Cheese, cheddar, low fat, shredded
1 1/8	cup	Salsa, thick 'n chunky, medium
1.00	cup	Juice, tomato, low sodium, cnd

### Nutrients per serving

Nutrition Facts	
Serving Size (161g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 230</b>	<b>Calories from Fat 90</b>
% Daily Value*	
<b>Total Fat 10g</b>	<b>15%</b>
Saturated Fat 4g	20%
Trans Fat 0.5g	
<b>Cholesterol 65mg</b>	<b>22%</b>
<b>Sodium 380mg</b>	<b>16%</b>
<b>Total Carbohydrate 8g</b>	<b>3%</b>
Dietary Fiber 3g	12%
Sugars 2g	
<b>Protein 26g</b>	
Vitamin A 2%	• Vitamin C 10%
Calcium 8%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories    2,000    2,500
Total Fat	Less Than 65g    80g
Saturated Fat	Less Than 20g    25g
Cholesterol	Less Than 300mg    300 mg
Sodium	Less Than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Notes

- \* 10 2/3 # AP 90% ground beef = ~ 8# browned ground beef EP
- \* Drain and rinse kidney beans before using in recipe.

Brown meat and drain. Add drained, rinsed kidney beans, cheddar cheese and salsa. Bring to a simmer, stirring constantly.

Serve 1/2+c or 1/2 c + 1 T hot over 2 cups lettuce/serving along with 1 oz tortilla chips.