

Taco Meat/Bean mixture for Taco Salad50

Number of Servings: 50 (135.5 g per serving)

Amount	Measure	Ingredient
8.00	lb	Beef, ground, hamburger, pan browned, 10% fat
4 1/4	cup	Beans, kidney, red, cnd, drained
24 1/2	oz	Cheese, cheddar, low fat, shredded
5 1/2	cup	Salsa, med/hot, thick 'n chunky

Nutrients per serving

Nutrition Facts	
Serving Size (136g)	
Servings Per Container	
Amount Per Serving	
Calories 230	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 4g	20%
Trans Fat 0.5g	
Cholesterol 70mg	23%
Sodium 360mg	15%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 26g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• 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 ___c or ___ hot over 2 cups lettuce/serving along with 1 oz tortilla chips.

DEB & MAIN KITCHEN STAFF: please measure volume and record _____ cups or quarts or gallons

Divide by 50 (or your total serv size) and let sites know how much they should put on each salad ___ c or # ___ scoop or ___oz spoodle.

IF it needs more moisture add tomato juice and record how much you added and then record volume and figure serving size. THANKS!