



# Taco Salad Wrap

## USDA Recipe for CACFP

We put a Wrap on Taco Salad! All of our taco terrific-ness (seasoned meat, fresh vegetables, and spices) is served as a lettuce wrap.

### CACFP CREDITING INFORMATION

2 taco salad wraps provide 2 oz equivalent meat/meat alternate, ¾ cup vegetable, and 1 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Turkey, raw, ground (no more than 15% fat)	2 lb 12 oz	1 qt 1½ cups	5 lb 8 oz	2 qt 3 cups	<b>1</b> Place ground turkey and ground beef in a large stock pot. Cook uncovered over medium–high heat for 5–8 minutes. Stir often until meat is well done.  <b>2</b> Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.  <b>3</b> Remove meat from heat. Drain turkey and beef in a colander. Return meat to heat.  <b>4</b> Add onions, salt, garlic powder, pepper, ancho chili powder, chili powder, cumin, tomato paste, jalapeno peppers, paprika, and onion powder. Simmer uncovered over medium heat for 5–7 minutes.
Beef, raw, ground (no more than 15% fat)	1 lb	2 cups	2 lb	1 qt	
*Onions, fresh, diced	4 oz	¾ cup 1 tsp	8 oz	1½ cups 2 tsp	
Salt		1½ tsp		1 Tbsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Garlic powder		2¼ tsp		1 Tbsp 1½ tsp	
Pepper, black or white, ground		1 tsp		2 tsp	
Ancho chili powder		1 Tbsp		2 Tbsp	
OR					
Mexican seasoning mix (see Notes)		1 Tbsp		2 Tbsp	
Chili powder		2 Tbsp		¼ cup	
Cumin, ground		2¼ tsp		1 Tbsp 1½ tsp	
Tomato paste, canned, no-salt-added	11 oz	1 cup 3 Tbsp (approx. ⅛ No. 10 can)	1 lb 6 oz	2¼ cups 2 Tbsp (approx. ¼ No. 10 can)	
*Jalapeno peppers, fresh, diced	1 oz	¼ cup	2 oz	½ cup	
Paprika		¾ tsp		1½ tsp	
Onion powder		¾ tsp		1½ tsp	
					<b>5</b> Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					<b>6</b> Critical Control Point: Hold for hot service at 140 °F or higher.
					<b>7</b> Set aside for step 21.



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		2½ cups		1 qt 1 cup	<b>8</b> Boil water.
Brown rice, long-grain, regular, dry, parboiled	12½ oz	2 cups	1 lb 9 oz	1 qt	<b>9</b> Place 2 cups brown rice (12½ oz) in each half steam table pan (12" x 20" x 2½").
					For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					<b>10</b> Pour boiling water (2½ cups per steam table pan) over brown rice. Stir. Cover pans tightly.
					<b>11</b> Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes. Steamer: 5 lb pressure for 25 minutes.
					<b>12</b> Remove cooked rice from oven and let stand covered for 5 minutes. Stir rice.
					<b>13</b> Critical Control Point: Heat to 140 °F or higher.
					<b>14</b> Critical Control Point: Hold for hot service at 140 °F or higher.
					<b>15</b> Set aside for step 19.
					<b>16</b> Assembly:
*Romaine lettuce, fresh, leaves, rinsed, dry	1 lb 9 oz	50 each	3 lb 2 oz	100 each	<b>17</b> Place 16 small paper boat containers on a sheet pan (18" x 26" x 1").  For 25 servings, use 2 pans. For 50 servings, use 4 pans.
					<b>18</b> Place two lettuce leaves in each paper boat container. Set aside for step 19.



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<b>19</b> First layer: Portion 1/3 cup, 1 Tbsp, 3/4 tsp (about 1 3/10 oz) [using a slightly mounded No. 12 scoop] rice divided evenly on each lettuce leaf in paper boat.
					<b>20</b> Second layer: Portion 1/4 cup, 1 1/3 tsp (about 2 1/10 oz) [using a slightly mounded No. 16 scoop] meat mixture divided evenly over rice.
*Tomatoes, fresh, diced	14 1/2 oz	2 cups	1 lb 13 oz	1 qt	<b>21</b> Third Layer: Portion 1 Tbsp (about 3/4 oz) [using a slightly mounded No. 70 scoop] tomatoes divided evenly over meat mixture.
Cheddar cheese, low-fat, shredded	8 oz	2 cups	1 lb	1 qt	<b>22</b> Fourth layer: Portion 1 Tbsp (about 1/3 oz) [using a slightly mounded No. 70 scoop] cheese divided evenly over tomatoes.
Taco shell, whole-grain, pieces	1 lb	2 qt 2 2/3 cups	2 lb	1 gal 1 qt 1 1/3 cups	<b>23</b> Fifth layer: Sprinkle 1/3 cup (about 0.64 oz) [using a No. 12 scoop] taco shell pieces divided evenly over cheese.
					<b>24</b> Serve 1 paper boat containing 2 taco salad wraps.



**NUTRITION INFORMATION**

For 2 taco salad wraps in paper boat.

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>237</b>
<b>Total Fat</b>	<b>7 g</b>
Saturated Fat	3 g
Cholesterol	30 mg
<b>Sodium</b>	<b>349 mg</b>
<b>Total Carbohydrate</b>	<b>29 g</b>
Dietary Fiber	4 g
Total Sugars	1 g
Added Sugars included	N/A
<b>Protein</b>	<b>17 g</b>
Vitamin D	1 IU
Calcium	112 mg
Iron	2 mg
Potassium	233 mg

N/A=data not available.

**SOURCE**

USDA Standardized Recipes Project.

**MARKETING GUIDE**

Food as Purchased for	25 Servings	50 Servings
Mature onions	5 oz	10 oz
Jalapeno peppers	2 oz	4 oz
Romaine lettuce	2 lb 8 oz	5 lb
Tomatoes	1 lb 1 oz	2 lb 2 oz

**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.

**Mexican Seasoning Mix <sup>3</sup>/<sub>4</sub> Cup (About 4 <sup>1</sup>/<sub>2</sub> oz)**

Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, <sup>1</sup>/<sub>4</sub> tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

**YIELD/VOLUME**

25 Servings	50 Servings
About 6 lb 13 oz	About 13 lb 10 oz
About 3 qt 1 <sup>2</sup> / <sub>3</sub> cups/1 sheet pan (18" x 26" x 1")	About 1 gal 2 qt 3 <sup>1</sup> / <sub>4</sub> cups/2 sheet pans (18" x 26" x 1")

