

Washington County School District

Recipe: 000944 TACO SOUP

Recipe Source:
Recipe Group: ENTREES

Recipe HACCP Process: #3 Complex Food Preparation

Alternate Recipe Name:
Number of Portions: 8
Size of Portion: CUP

902244 ALL BEEF CRUMBLES: INTEGRATED FOODS:FR005... 011284 ONIONS,DEHYDRATED FLAKES..... 903436 TACO SEASONING MIX..... 799928 TOMATOES,CND,DICED,DRND..... 011549 TOMATO PRODUCTS,CND,SAU..... 902261 BEANS,KIDNEY,ALL TYPES,MATURE SEEDS,CND..... 902548 CORN,WHL KERNEL,CND,DRND SOLIDS(HTD).....	1 LB 2 TBSP 1 1/4 OZ 14 1/2 OZ 14 1/2 OZ 15 OZ 15 1/2 OZ	1. In a large pot add cooked ground beef and onions. 2. Add seasoning mix and blend well. Stir in tomatoes,beans, corn; bring to a boil. Reduce heat and simmer for 15 minutes. 3. Place 1/2 oz of Shredded Cheese mixture and sprinkle over each bowl of soup. Serve with scoops.
--	--	---

*Nutrients are based upon 1 Portion Size (CUP)

Calories	257 kcal	Cholesterol	50.19 mg	Sugars	*5.37* g	Calcium	75.46 mg	34.97%	Calories from Total Fat
Total Fat	9.97 g	Sodium	1050.35 mg	Protein	19.50 g	Iron	3.47 mg	11.93%	Calories from Saturated Fat
Saturated Fat	3.40 g	Carbohydrates	21.74 g	Vitamin A	1111.05 IU	Water ¹	168.93 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	6.33 g	Vitamin C	13.97 mg	Ash ¹	2.67 g	33.89%	Calories from Carbohydrates
								30.39%	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
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... 2.000 oz				? - Milk
Grain..... oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... 0.750 cup				? - Tree Nut
Milk..... cup				? - Fish
Moisture & Fat Change				? - Shellfish
Moisture Change. 0%				? - Soy
Fat Change..... 0%				? - Wheat
Type of Fat.....				

Production Specification

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.

Washington County School District

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902244	ALL BEEF CRUMBLES: INTEGRATED FOODS:			
I	011284	ONIONS,DEHYDRATED FLAKES			
I	903436	TACO SEASONING MIX			
I	799928	TOMATOES,CND,DICED,DRND			
I	011549	TOMATO PRODUCTS,CND,SAU			
I	902261	BEANS,KIDNEY,ALL TYPES,MATURE SEEDS,			
I	902548	CORN,WHL KERNEL,CND,DRND SOLIDS(HTD)			

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.

K# 000413
U# 902244

integrated FOOD SERVICE



Product Specifications and Nutritional Information

Brand: Hot Off The Grill Code No: C32000B / N32000B

Product name: All Beef Crumbles - Bulk Pack

Pack Size: Bulk ~~1978~~ Portion size: 2.25 oz

Contribution to USDA Meal Pattern Requirements: 2.00 oz M/MA Net Weight: 40.00 lbs.

Varieties of meat used in product: Ground Beef
Total weight of uncooked product: 3.29 oz
Weight of raw meat in uncooked product: 3.26 oz
Weight of dry VPP: N/A
Weight of liquid to rehydrate VPP: N/A
Source of vegetable protein product: N/A
Type and percent of protein in VPP: N/A
Weight of rehydrated VPP: N/A
Weight of raw meat and rehydrated VPP: N/A
Weight of other ingredients in product: 0.03 oz

Nutrition based on one serving

Serving size: 2.25 oz

Weight:	63.79 g	Protein:	16.28 g	Niacin:	3.37 mg
Calories:	157.09	Carbohydrates:	0.10 g	Thiamine:	0.03 mg
% Calories Fat:	55.65 %	Sugar:	0.00 g	Sodium:	350.28 mg
Fat (Total):	9.71 g	Dietary Fiber:	0.03 g	Calcium:	11.86 mg
Fat (Saturated):	3.69 g	Vitamin A:	0.29 IU	Potassium:	200.75 mg
Trans Fat:	0.00 g	Vitamin C:	0.02 mg	Iron:	1.66 mg
Cholesterol:	56.46 mg	Riboflavin:	0.11 mg		

The above nutritional values calculated using Genesis ESHA database.

Ingredients: Ground beef, salt (containing partially hydrogenated cottonseed and/or soybean oil), sodium phosphate, and spice.

Heating instructions for product:

Conventional oven 350° F	Convection oven 325° F
Frozen: 16 - 20 min	14 - 18 min
Thawed: 12 - 15 min	9 - 12 min

Ovens and cooking methods vary, always heat product to a temperature of 160°F or greater

I certify the above is accurate and true

Signature of company representative: David J. Watzke

Date: 06/04/10

V411-D9190 Foothill Farms® Premium Taco Seasoning Mix - Reduced Sodium*

Foothill FARMS®

I# 9034/36

R# 1512

R# 944

1,2502

PACKAGING

SCC Code:	10072058609365
Item UPC:	072058609368
Units/Case :	6
Unit Size:	9.00 OZ
Servings Per Case :	318
Storage Temp:	75° F
Pallet High:	8

Case Gross Weight:	4.4 LB
Case Net Weight:	3.38 LB
Case Height:	6.25 IN
Case Width:	6.88 IN
Case Length:	8.88 IN
Case Cube:	.22 FT
Pallet Tier:	30

PRODUCT CLAIMS

Cholesterol Free	Fat Free	Gluten Free	No Added MSG
No Trans Fat Per Serving	Saturated Fat Free		
Kosher - YES-CIRCLE U			

NUTRITION

Nutrition Facts

Serving Size 1 ½ tsp Dry (5g) [Seasons 3 oz (85g) Taco Meat]
 Servings Per Container: About 53

Amount Per Serving

Calories 15 Calories from Fat 0

	% Daily Value*
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 270 mg	11%
Total Carbohydrate 3 g	1%
Dietary Fiber 1 g	4%
Sugars 0 g	
Protein 0 g	

Vitamin A 4 %	•	Vitamin C 2%
Calcium 2 %	•	Iron 2 %

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

GENERAL DESCRIPTION

Premium Taco Seasoning is a smooth and mild blend of traditional chili powder, Mexican oregano and smoky cumin for tantalizing aroma and flavor plus diced onions for added appeal. Paired up with beef, chicken or turkey, Foothill Farms® Premium Taco Seasoning makes any crowd go loco. Mix versatility makes Enchilada Sauce also. And it has 25% less sodium than our previous #V411-C9190 Premium Taco Seasoning Mix.

LIST OF INGREDIENTS

Dehydrated Onion, Paprika, Spices, Salt (includes Sea Salt), Modified Food Starch, Dehydrated Garlic, Citric Acid, Paprika Extract, Less Than 2% Silicon Dioxide (Anticaking).

ALLERGEN INFORMATION

None—Based on FDA FALCPA (Food Allergen Labeling and Consumer Protection Act of 2004) "Big 8" allergens.

DIRECTIONS FOR USE

Taco Meat (Convection Oven): Brown 10 lbs. ground beef (can substitute chicken, pork, turkey) and drain excess fat; or use 8 lbs. precooked beef crumbles. Combine 1 ½ qts. hot water (180°-190°F) and contents of seasoning package (9 oz) in full-size steam table pan. Mix well. Add cooked meat and mix thoroughly. Cover and bake in 400°F convection oven for 15-20 minutes; or until product reaches 180°F. Mix prior to serving.
 Yield: 9.9 lbs.

Taco Meat (Conventional Oven): Follow directions above. Adjust oven time as need. Bake in 400°F oven for approximately 25-30 minutes; or until product reaches 180°F. Mix prior to serving.
 Yield: 9.9 lbs.

Taco Meat (Stovetop): In a large pot, brown 10 lbs. ground beef (can substitute chicken, pork, turkey) and drain excess fat; or use 8 lbs. precooked beef crumbles. Add 1 ½ quarts of water and contents of seasoning package (9 oz). Mix thoroughly. Bring to a boil stirring frequently. Reduce heat and simmer for 5-10 minutes stirring occasionally. Seasoned meat should reach a temperature of 180°F before removing from heat.
 Yield: 9.9 lbs.

Enchilada Sauce (Convection Oven): Combine 5 quarts water, ½ #10 can (1 ½ qts) tomato paste and contents of seasoning package (9 oz) in a full-size steam table pan. Mix thoroughly. Add thickener (1 cup all purpose flour dissolved in 2 cups of cool water) and mix thoroughly. Cover with lid (do not use foil) and

BEAN, KIDNEY DRK RED FCY GRD A

6/10/CN

[DRY] [SB] [KO]

Nutrition Facts

Serving Size 1/2 cup

Servings Per Container 144

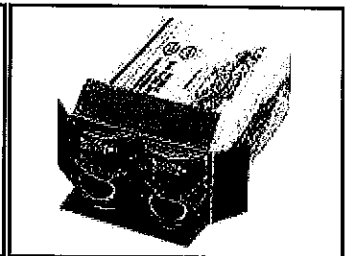
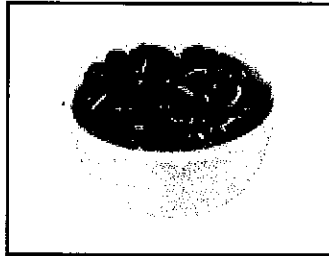
Amount Per Serving

Calories 140 **Calories from Fat** 0

% Daily Value *

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Polyunsaturated Fat 0g	0%
Monounsaturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 360mg	16%
Potassium 0g	0%
Total Carbohydrate 26g	9%
Dietary Fiber 10g	36%
Sugars 4g	0%
Protein 9g	0%
Vitamin A	0%
Vitamin C	0%
Calcium	4%
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.



Family / Line / Group:

Dry Groceries / Canned Vegetables / Beans

Country Of Origin: US

Portions: 528 oz

UPC: 822486107697

Net Weight: 41.25 lbs

MFG ID: 10769/280855

Ship Weight: 48.86 lbs

GTIN: 60822486107699

Dimensions (HxWxD): 7.25 x 12.63 x 18.81 in

Fancy Dark Red Kidney Beans, canned by Furmano Foods, shall conform to U.S. Grade A standards using the USDA Standards for Canned Dried Beans, effective September 1, 1976.

Ingredients: Dark Red Kidney Beans, Water, High Fructose Corn Syrup, Sugar, Salt, Calcium Chloride, Disodium Edta (To Preserve Color), Natural Flavorings

Contains: Corn

Free From: Almond, Wheat, Walnut, Sulphur Dioxide, Spelt And Spelt

Products, Soybeans, Sesame Seeds, Rye, Queensland Nut, Pod Fruits, Pistachio, Pecan, Peas And Pea Products, Peanuts, Gluten, Oat And Oat Products, Nuts, Mustard, Shell Fish, Milk/Dairy, Macadamia Nut, Lupine, Lactose, Kamut, Hydroxyisohexyl 3-Cyclohexene, Hydroxycitronellal, Hexyl Cinnamal, Hazelnut, Geraniol, Fish, Farnesol, Evernia Prunastri, Evernia

Furfuracea, Eugenol, Eggs, Crustaceans, Coumarin, Coriander, Cocoa, Citronellol, Citral, Cinnamyl Alcohol, Cinnamal, Gluten, Celery, Cashew, Carrot, Butylphenyl Methylpropionate, Brazil Nut, Benzyl Salicylate, Benzyl Cinnamate, Benzyl Benzoate, Benzyl Alcohol, Barley, Anise Alcohol, Amyl Cinnamal, Alpha-Isomethyl Ionone

Ready to Eat: Ingredient