

# Bean Taco (904)

(Bean Taco MC904)

**Meat/Meat Alternate-Grain/Bread**

**Source: Ms Cycles II**

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Pinto Beans, Canned or Dry		1½ No. 10 can.		3 No. 10 cans		<ol style="list-style-type: none"> <li>1. Use either dry (cooked) or canned (drained) pinto beans. Puree beans to a smooth consistency. (If using dried beans, see Step 5 for preparation instructions.)</li> <li>2. Add onions, garlic powder, pepper, tomato paste, water and seasonings. Blend well. Bring to a boil. Reduce heat and simmer for 25-30 minutes. Stir periodically. Alternate instructions: Pour mixture into steam table pans sprayed with pan release spray. Bake covered, at 350°F, until heated through, about 30-45 minutes.</li> <li>CCP: Internal temperature of product must register 140°F at completion of cooking process.</li> <li>3. Blend cheeses and portion 1 ounce cheese. Combine tomatoes and lettuce and portion ¼ cup.</li> <li>4. Heat shells for 3-5 minutes. On serving line, fill each taco with #10 scoop (3/8 cup) bean mixture. With each taco, serve lettuce and tomato mixture and cheeses.</li> </ol> <p>CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.</p>
Fresh Onions, Diced		¾ cup 1 Tbsp		1 2/3 cup.		
Garlic Powder		1½ Tbsp.		3 Tbsp.		
Black Pepper		2 tsp.		1 Tbsp 1 tsp.		
Canned Tomato Paste		¼ No. 10 can		½ No. 10 can		
Water		1 qt.		2 qt.		
Chili Powder		1/8 cup 1 oz.		¼ cup 2 oz.		
Ground Cumin		1½ Tbsp.		3 Tbsp.		
Paprika		½ Tbsp.		1 Tbsp.		
Onion Powder		½ Tbsp.		1 Tbsp.		
Mozzarella Cheese, Shredded	1 lb 10 oz.		3 lb 4 oz.			
Cheddar Cheese, Shredded	1 lb 10 oz.		3 lb 4 oz.			
Canned Tomatoes, Diced	1 lb 4 oz.		3 lb 8 oz.			
Lettuce, Shredded	2 lb 2 oz.		4 lb 4 oz.			
Crunchy Taco Shells		100 shells.		200 shells.		

Developed by the Mississippi Department of Education, Office of Child Nutrition Programs

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