

BAJA BEAN TACOS

Meat/Meat Alternate-Vegetable-Grains-Main Dishes

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Onions, chopped	1 lb	4 C	2 lb	1½ qt	<ol style="list-style-type: none"> Sauté onion in vegetable oil in sauté pan until tender, about 5 minutes. Line steamtable pan with parchment paper. Combine onion, beans, spices; pour into steamtable pan. Bake, covered, at 350 F until heated through, 30-45 minutes. Use No. 16 Scoop (¼ cup) to spoon mixture onto each tortilla; top each with ¼ cup lettuce and 1 tablespoon each salsa.
Vegetable oil		2 T		4 T	
Kidney beans, canned, rinsed, drained		3 qt (1 #10 can)		1½ gal (2 #10 cans)	
Pinto beans, canned, rinsed, drained		3 qt (1 #10 can)		1½ gal (2 #10 cans)	
Chili powder		¼ C		½ C	
Cumin, ground		2 tsp		4 tsp	
Garlic powder		1 tsp		2 tsp	
Onion powder		1 tsp		2 tsp	
Black pepper		1 tsp		2 tsp	
Corn or flour tortillas (6-inch)		100 each		200 each	
Lettuce, shredded		1½ gal		3 gal	
Salsa		1½ qt		3 qt	

Serving	Yield	Volume
2 tacos	50 Servings:	100 Tacos
Each serving provides 2 ounces equivalent meat/meat alternate, ½ cup vegetable serving, and 1 serving grains/breads.	100 Servings:	200 Tacos

Nutrients Per Serving					
Calories	206 kcal	Saturated Fat	0.6 g	Iron	2 mg
Protein	9 g	Cholesterol	0 mg	Calcium	80 mg
Carbohydrate	40 g	Vitamin A	404 IU	Sodium	273 mg
Total Fat	2.5 g	Vitamin C	3 mg	Dietary Fiber	8 g

Notes

Equipment list: skillet pan, parchment paper, steamtable pan.
 Recipe adapted from David Watzke, Riverside Unified School District, Placentia, Calif.