

Sizzling Street Tacos with Cilantro Crema

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Beefless Crumbles (1 oz. = 1 m/ma)	3 lbs. 4 oz.		6 lbs. 8 oz.	
Pinto beans, canned, drained, and rinsed		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup (approximately 1 $\frac{1}{2}$ -#10 cans)		1 $\frac{1}{2}$ gallons + 1 cup (approximately 3 - #10 cans)
Water (separated)		1 pint		1 quart
Green chilies, canned (optional)		1 cup		1 pint
Mushrooms, fresh, diced (optional)	1 lb. 8 oz.			3 lbs.
Corn, tempered		1 $\frac{1}{2}$ quarts + 1 cup		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup
Taco seasoning		$\frac{1}{2}$ cup		1 cup
Tortilla, 10 inch, whole grain rich		50		100
Cilantro lime crema:				
Water		1 $\frac{1}{4}$ cups		2 $\frac{1}{2}$ cups
Lime juice		1 $\frac{1}{4}$ cups		2 $\frac{1}{2}$ cups
Cilantro, fresh, leaves and stems		$\frac{2}{3}$ cup		1 $\frac{1}{4}$ cups
Avocado		2 Each		4 Each
Mayo, eggless, like Just Mayo		$\frac{2}{3}$ cup		1 $\frac{1}{4}$ cups
Pepper, black, ground		1 Tbsp.		2 Tbsp.
Garlic, granulated		1 Tbsp.		2 Tbsp.
Chipotle pepper		1 Tbsp.		2 Tbsp.
Hot sauce		1 $\frac{1}{2}$ Tbsp.		3 Tbsp.
Green chilies, canned (optional)		2 $\frac{1}{2}$ Tbsp.		$\frac{1}{3}$ cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.



Sizzling Street Tacos with Cilantro Crema Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Preparation

1. Wash and dice mushrooms, if using as an ingredient.
2. Heat diced mushrooms and half of the water in a steam jacketed kettle, tilt skillet, or stove top 5-7 minutes until soft. (Mushrooms can be steamed approximately 5 minutes until soft.)
3. Add beefless crumbles, pinto beans, taco seasoning, remaining water, corn and green chiles to the mushrooms. Mix and bring to a boil.
4. Reduce heat and simmer for 10 minutes.
HACCP Critical Control Point: Heat to a temperature of 150°F for 15 seconds.
5. Hold in warmer until meal service.
HACCP Critical Control Point: Hold at internal temperature of 135°F or above.
HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.
6. To prepare the cilantro lime sauce. Add all ingredients in a blender or food processor, and blend/process until smooth.
7. Transfer to a serving bowl and hold in cooler until meal service.
HACCP Critical Control Point: Hold at internal temperature of 41°F or below.

Serving Information

Use a #8 scoop (1/2 cup) and serve taco mixture on the tortilla. Top with 1 teaspoon of the cilantro cream sauce.

Each scoop provides 2 ounces meat/meat alternate, 2 grain equivalents and 1/4 cup vegetable.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 245 Total Fat: 9g Saturated Fat: 0g Monounsaturated Fat: 3g Polyunsaturated Fat: 1g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 30g Fiber: 10g Total Sugar: 2g Protein: 14g Sodium: 357mg Vitamin A: 6µg
Vitamin C: 6mg Calcium: 78mg Iron: 4mg Folate: 128µg

