

Tasty Tempeh Taco Filling

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: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Tempeh	6 lbs. 4 oz.		12 lbs. 8 oz.	
Water		1 quart		2 quarts
Onion Powder		3 Tbsp.		3/8 cup
Chili Powder		1 ½ Tbsp.		3 Tbsp.
Cumin		1 ½ Tbsp.		3 Tbsp.
Paprika		1 ½ Tbsp.		3 Tbsp.
Garlic Powder		1 ½ Tbsp.		3 Tbsp.
Oregano, dried		1 ½ Tbsp.		3 Tbsp.
Sugar, granulated		1 ½ Tbsp.		3 Tbsp.
Salt		¾ tsp		1 ½ tsp
Pepper, red or cayenne		½ cup		1 cup

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

Preparation

1. Crumble tempeh into small pieces and heat in tilt skillet or steam jacketed kettle.
2. Add water and seasonings to the crumbles. Mix and bring to a boil.
3. Reduce heat and simmer for 25 minutes.

HACCP Critical Control Point: Heat to a temperature of 150°F for 15 seconds.

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.

Serving Information

Use a #8 scoop (1/2 cup) and serve on taco shell, tortilla or salad.

Each scoop provides 2 ounces meat/meat alternate.

Nutrition Information per 2 m/ma serving *From USDA Nutrient Database

Calories: 115 Total Fat: 6g Saturated Fat: 1.3g Monounsaturated Fat: 1.7g Polyunsaturated Fat: 2.2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 6.5g Fiber: 0.3g Total Sugar: 0.4g Protein: 11g Sodium: 45mg Vitamin A: 9µg Vitamin C: 0mg Calcium: 67mg Iron: 1.7mg Folate: 14µg

