

Tasty Taco Sandwich featuring GroundPro Lentil Crumbles

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield:

50 Servings

100 Servings

Skill Level: Basic

Ingredients	Weight	Measure	Weight	Measure
GroundPro lentil crumbles, prepared *Follow package instructions	3 pounds 8 ounces		7 pounds	
Taco seasoning, reduced sodium		1 ½ cups		3 cups
Pinto beans, canned, drained, rinsed		2 - #10 cans		4 - #10 cans
Salsa, canned		2 - #10 cans		4 - #10 cans
Romaine lettuce, chopped, ready-to-use	4 pounds		8 pounds	
Tomatoes, diced, ready-to-use	3 pounds		6 pounds	
Hamburger buns, whole-grain		50 Each		100 Each

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

Preparation

1. Prepare lentil crumbles according to package.
2. Combine the lentil crumbles, pinto beans, taco seasoning, and salsa in steamtable pans. Cover and steam for approximately 10 minutes, until heated throughout.
3. Portion ½ cup lettuce and ¼ cup diced tomatoes in 6-ounce souffle cups. Cover.

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.

Follow serving information below.

Serving Information/Notes

Portion 1 cup of the taco mix on the hamburger bun. Serve with lettuce and tomato cup.

Each sandwich provides 2 meat alternates, 2 ounces grain equivalent, 3/8 cup red/orange vegetable.

Serve with the side salad to provide an additional 1/8 cup red/orange vegetable and ¼ cup dark green vegetable.

Tasty Taco Sandwich featuring GroundPro Lentil Crumbles Continued

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Nutrition Information *From USDA Nutrient Database

Sandwich Only

Calories: 358 Total Fat: 4.6g Saturated Fat: 0.6g Monounsaturated Fat: 0.1g Polyunsaturated Fat: 0.3g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 66g Fiber: 12g Total Sugars: 10.5g Protein: 13g Sodium: 459mg Vitamin A: 15µg Vitamin C: 3.2mg Calcium: 81mg Iron: 3.8mg Folate: 167µg

Sandwich with Lettuce & Tomato

Calories: 373 Total Fat: 4.8g Saturated Fat: 0.6g Monounsaturated Fat: 0.1g Polyunsaturated Fat: 0.3g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 69g Fiber: 13g Total Sugars: 12g Protein: 14g Sodium: 461mg Vitamin A: 136µg Vitamin C: 10mg Calcium: 93mg Iron: 4.2mg Folate: 206µg

