



000648 - TACO BOWL SOUP

Source: BURLESON ISD

Number of Portions: 100

Size of Portion: 1/2 CUP

Components:

Meat/Alt: 1 oz

Grains:

Fruit:

Vegetable: 0.25 cup

Milk:

Recipe Subgroups:

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
902841 SOUP, TOMATO, CONDENSED.....	3 CAN/50 OZ	To Cook: 1. In a large stock pot/steam jacketed kettle/tilt skillet, combine condensed tomato soup with water (according to can instructions). Begin to warm over low heat.
004698 OIL, CANOLA..... 011282 ONIONS,RAW..... 011821 PEPPERS, BELL, SWEET, RED, RAW..... 011333 PEPPERS,SWEET,GREEN,RAW.....	3 Tbsp 1 lb + 9 ozs 1 lb 8 ozs	2. Wash and chop all vegetables. (Weights listed are "As Purchased"). 3. Warm 3 Tbsp. oil in a large skillet/tilt skillet. Add chopped veggies and saute until tender. Alternatively, toss veggies with oil on a sheet pan and warm in a 375 F oven until tender. 4. Add sauteed veggies to tomato soup and continue to warm.
902604 BEANS, BLACK, CANNED, LOW SODIUM..... 050542 TOMATOES, DICED, LOW-SODIUM, CANNED....	2 #300 CAN (15.5 OZ) 2 #300 CAN (15.5 OZ)	5. Clean lids of canned black beans and diced tomatoes. Drain and rinse black beans. Do not drain tomatoes. Add beans and tomatoes to soup and continue to warm.
004698 OIL, CANOLA..... 902842 TURKEY, 93% LEAN, 7% FAT, RAW..... 902621 SEASONING, TACO, LOW SODIUM.....	2 Tbsp 5 lbs 5 BAG/1.25 OZ	6. In a large skillet/tilt skillet, warm 2 Tbsp. oil. Add the raw turkey and sprinkle evenly with taco seasoning. Stir to combine. Cook the ground turkey until internal temperature reaches 165 F. 7. Add cooked turkey to soup and bring soup to a simmer (if not already). Simmer for 15-20 minutes. CCP: Heat to 165° F or higher for at least 15 seconds
902625 CHEESE, SHREDDED, CHEDDAR, LOL.....	2 lbs + 10 ozs	To Serve: 1. Serve 1/2 cup taco bowl soup to each customer. Sprinkle with a #40 dipper (1 2/3 Tbsp) of shredded cheese. Best served hot at 165 F or higher. CCP: Hold at 135° F or higher. CCP: Hold for hot service at 135° F or higher

*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	354 kcal	Cholesterol	72 mg	Protein	21.42 g	Calcium	108.58 mg	23.20%	Calories from Total Fat
Total Fat	9.13 g	Sodium	1335 mg	Vitamin A	306.4 RE	Iron	2.29 mg	14.44%	Calories from Saturated Fat
Saturated Fat	5.68 g	Carbohydrates	47.90 g	Vitamin A	1486.8 IU	Water ¹	*12.63* g	*0.02%*	Calories from Trans Fat
Trans Fat ¹	*0.01* g	Dietary Fiber	3.47 g	Vitamin C	25.5 mg	Ash ¹	*0.06* g	54.08%	Calories from Carbohydrates
								24.18%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

Allergens							
Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
YES	NO	NO	NO	NO	NO	?	?
YES = Present NO = Absent ? = Undefined							