



Green for Go Local

Ingredients in **green** = locally grown or produced



Beef



Beans



Garlic



Cheese

Cost Guide

Note: These are estimated costs. Budget for a possible 15% change based on cost/waste variations.

- Tortilla: \$0.22
- Filling: \$0.70
- Cheddar:** \$0.13
- Romaine:** \$0.15
- Tomatoes:** \$0.08
- Sour cream & salsa:** \$0.15
- Rainbow salad** or additional sides: \$0.23

Total cost per Elementary School serving: \$1.66

Soft Beef Tacos

By Jenny & Rosie with Barb Henshaw, Head Cook at Berwick & District School

Yield: 50 Elementary School servings (1 taco each)

Serving size: 1 tortilla, 2 oz (60 g) filling, 1 Tbsp (15 mL) cheddar, 1/3 cup (80 mL) romaine, 2 Tbsp (30 mL) tomatoes, 1 Tbsp (15 mL) each sour cream & salsa

Shopping List

Ingredients	For 25	For 50	For 100
Lean ground beef	2 1/2 lb (1.1 kg)	5 lb (2.27 kg)	10 lb (4.54 kg)
Dried beans	1 cup (250 mL)	2 cups (500 mL)	4 cups (1 L)
Salt	1 1/2 tsp (7.5 mL)	1 Tbsp (15 mL)	2 Tbsp (30 mL)
Oil	2 Tbsp (30 mL)	1/4 cup (60 mL)	1/2 cup (125 mL)
Onions	1 large	2 large	4 large
Garlic	3 cloves	5 cloves	10 cloves
Chili powder	1/4 cup (60 mL)	1/2 cup (120 mL)	1 cup (250 mL)
Cumin	1 1/2 tsp (7.5 mL)	1 Tbsp (15 mL)	2 Tbsp (30 mL)
6-7" WW tortillas	25	50	100
Cheddar cheese	2 cups (300 g)	4 cups (600 g)	8 cups (1.2 kg)
Sour cream	2 cups (500 mL)	4 cups (1 L)	8 cups (2 L)
Salsa	2 cups (500 mL)	4 cups (1 L)	8 cups (2 L)
Romaine lettuce	2 heads	4 heads	8 heads
Tomatoes	2 1/2 lb (1.1 kg)	5 lb (2.27 kg)	10 lb (4.54 kg)
Fruit/veg side (total)	5 lb (2.27 kg)	10 lb (4.54 kg)	20 lb (9.08 kg)

Tips & Tricks

Food Safety Guidelines

If storing leftovers, cool to 70°F (21°C) within 2 hours and from 70°F (21°C) to 40°F (4°C) within an additional 4 hours.

Modifications

Make a small batch of vegetarian taco filling by cooking onions, garlic, chili powder, and a little salt with mashed beans. Swap in 100% corn tortillas for a gluten-free meal.

Swap In

Swap in 5 lb (2.27 kg) diced chicken instead of beef in Step 4.

Change It Up!

Roll the filling into large tortillas and bake for burritos or taquitos, or use the filling to top a taco baked potato, taco salad, nachos or rice for a burrito bowl.

Promotional Tips

- *Announce it:* "Today's special in the cafeteria is Soft Beef Tacos! Choose your own adventure from a rainbow of vegetables and make your taco a tasty work of art."
- *Local connection:* Featuring and highlighting local ingredients with fun facts is a great learning opportunity and increases students and parents participation.



e.g. **Tomato:** Tmato's (Mi'kmaq), Tomato (French), Tomato (Spanish) Tomato (German)



Directions

Note: Wash all produce well. If you're not sure students will like beans in their tacos, start by preparing the recipe with 6 lb (2.72 kg) ground beef and ½ cup (125 mL) dried beans or 1 can of cooked beans.

Create Your Plate!

Topping, Side & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking!

- ★ Beans
- ★ Onion
- ★ Guacamole
- ★ Avocados - chopped
- ★ Banana peppers
- ★ Cilantro
- ★ Hot sauce
- ★ Fruit
- ★ Sweet peppers
- ★ Red or green cabbage
- ★ Corn
- ★ Carrot - shredded
- ★ Onion - minced

Equipment (for 50)

- 16-20 qt (16 L) pot
- Large frying pan
- Two 4" deep full-size hotel pans
- #18 1.78 oz (53 mL) scoop



1

To start with dried beans, place in a large pot and cover beans with water (about 3 cups water to 1 cup beans). Let stand for 6 hours or overnight.

The next day, bring to a boil. Reduce heat to low and simmer for 1-2 hours until very tender. Drain beans, saving the liquid.



2

Mash the beans by hand with a potato masher or purée in a food processor with enough bean or can liquid until fairly smooth.

Beans can be prepared ahead and stored in the fridge tightly covered. Preheat oven to 350°F (175°C).



3

Mince onions and garlic by hand or in a food processor.

Heat oil in a large pot over medium heat. Add the onions and sauté for 5-10 minutes, until onions soften and begin to brown.



4

Increase the heat to medium-high and add the ground beef, garlic, chili powder, cumin and salt. Cook and stir until beef has browned, 15-20 minutes.

Add the puréed beans. Cook, stirring occasionally, until the mixture bubbles. Reduce heat to low and cook another 30-60 minutes until the mixture has thickened.



5

Line hotel pans with parchment. Using a 1.75 oz (52 mL) scoop, fill tortillas with beef mixture and 1 Tbsp (15 mL) cheese, fold and place upright in pans. When pans are filled, warm through in the oven, about 30 minutes.

Taco filling must be held in an oven or steam table at a minimum internal temp of 140°F (60°C).



6

Wash, dry and cut lettuce into bite-size pieces. Dice the tomatoes and prepare any side vegetables and fruit you plan to serve.

Create a "mise en place" station. Assemble sour cream, salsa, tomato, lettuce and rainbow salad if serving on trays or plates.

For rainbow salad, assemble per plate:

- 2 Tbsp (30 mL) Corn
- 2 Tbsp (30 mL) Carrots
- 2 Tbsp (30 mL) Red cabbage
- 1 Tbsp (15 mL) Blueberries