

Chicken Tacos

50 servings – 2 Tacos

2 oz. eq. m/ma

1 oz. eq. Grain



Ingredients	For 100 servings		Directions
	Weight	Measure	
Onions, raw, chopped	5 oz.		In large pot, heat oil. Sautee onion until soft, 10 minutes. Add chicken and cook till heated through.
Chicken, diced, cooked	5 lb.		
Oil, vegetable		½ cup	To onions and chicken add garlic, pepper, chili powder, cumin, and paprika. Stir to combine. Cook for 5 min. Add water and tomato paste. Cook slowly for 30 minutes to combine flavors. Stir periodically. Heat to 165-degree F for at least 15 seconds. Hold for hot service at 135 degrees F or higher.
Garlic, granulated		1 T. plus 1 ½ t.	
Pepper, Black		2 t.	
Chili Powder		2 T.	
Cumin, ground		1 T. plus 1 ½ t.	
Paprika		1 ½ t.	
Tomato Paste	14 oz.		
Water		1 ½ qt.	
Cheese, cheddar, shredded	3 lb.		Before serving, fill each taco shell with: 1 T. shredded cheese 2 T. chicken taco mixture (#30 scoop)
Tomatoes, red, ripe, chopped	2 lb.		
Lettuce, iceberg, shredded	3 lb.		
Taco Shells, Corn, Hard		100 Each	Serve with ¼ cup shredded lettuce and ¼ cup chopped tomatoes. Serve two tacos.



Serving size and yield	
Serving size:	2 Tacos
Yield:	50

Cooking time and temperature		
Oven type	Temperature	Time
Conventional:		
Convection:		

Meal pattern contribution (based on serving size)		
Meat/meat alternates:	2	ounce equivalents
Grains:	1	ounce equivalents ¹
Fruits:		cups
Vegetables:		cups

Nutrients per serving									
Calories	274	Total fat (g)	6.3	Cholesterol (Milligrams (mg))	45.4	Sodium (mg)	417	Iron (mg)	2.6
Protein (grams (g))	22.9	Saturated fat (g)	2.3	Total sugars (g)	1.6	Vitamin D (International Units (IU))		Potassium (mg)	
Carbohydrate (g)	29.3	Trans fat (g)	0	Dietary fiber (g)	4.8	Calcium (mg)	167.48		