

# Washington County School District

**Recipe: 001866 TACO SOUP - RAW - 1 CUP**

Recipe Source:  
Recipe Group: ENTREES

**Recipe HACCP Process: #3 Complex Food Preparation**

Alternate Recipe Name: TACO SOUP

Number of Portions: 8  
Size of Portion: CUP

903707 BEEF, GROUND 80/20..... 011284 ONIONS, DEHYDRATED FLAKES..... 903436 TACO SEASONING MIX..... 799928 TOMATOES, CND, DICED, DRND..... 011549 TOMATO PRODUCTS, CND, SAU..... 902261 BEANS, KIDNEY, ALL TYPES, MATURE SEEDS, CND... 902548 CORN, WHL KERNEL, CND, DRND SOLIDS(HTD).....	1 LB + 6 OZ 2 TBSP 1 1/4 OZ 14 1/2 OZ 14 1/2 OZ 15 OZ 15 1/2 OZ	1. In the tilt skillet cooked/brown ground beef and onions. 2. Add seasoning mix and blend well. Stir in tomatoes, beans, corn; bring to a boil. Reduce heat and simmer for 15 minutes. 3. Place 1/2 oz of Shredded Cheese mixture and sprinkle over each bowl of soup. Serve with scoops.
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\*Nutrients are based upon 1 Portion Size (CUP)

Calories	312 kcal	Cholesterol	55.00 mg	Sugars	*5.37* g	Calcium	*64.92* mg	48.25%	Calories from Total Fat
Total Fat	16.74 g	Sodium	791.24 mg	Protein	18.25 g	Iron	*1.99* mg	17.38%	Calories from Saturated Fat
Saturated Fat	6.03 g	Carbohydrates	21.65 g	Vitamin A	*1110.79* IU	Water <sup>1</sup>	*168.93* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	6.30 g	Vitamin C	*13.95* mg	Ash <sup>1</sup>	*2.67* g	27.74%	Calories from Carbohydrates
								23.38%	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  
<sup>1</sup> - denotes optional nutrient values  
<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... 2.000 oz				? - Milk
Grain..... oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... 0.750 cup				? - Tree Nut
Milk..... cup				? - Fish
<b>Moisture &amp; Fat Change</b>				? - Shellfish
Moisture Change. 0%				? - Soy
Fat Change..... 0%				? - Wheat
Type of Fat.....				? - Sesame

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

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**Production Specification**

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	903707	BEEF, GROUND 80/20			
I	011284	ONIONS, DEHYDRATED FLAKES			
I	903436	TACO SEASONING MIX			
I	799928	TOMATOES, CND, DICED, DRND			
I	011549	TOMATO PRODUCTS, CND, SAU			
I	902261	BEANS, KIDNEY, ALL TYPES, MATURE SEEDS,			
I	902548	CORN, WHL KERNEL, CND, DRND SOLIDS(HTD)			

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