

Pork Street Tacos

Wenatchee School District

Recipe Category: Main Dish

Ingredients	300 Servings		Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	
Pork Taco Filling		300 svgs = 2 oz			Divide 2 ounces of pork taco filling between the three corn tortillas.
Tortilla Shells, Corn WGR, 4.5 inch		300 svgs = 3 each			Divide ¼ cup of bean and veggie salsa between the three tortillas.
Green Garbanzo Guacamole		300 svgs = 2Tbsp.			Divide 2 tablespoons of green garbanzo bean guacamole between the three tortillas
Bean and Veggie Salsa		300 svgs = ¼ cup			Drizzle 1 tablespoon of cream sauce over the three tacos.
Cilantro Chipotle Lime Cream Sauce		300 svgs = 1 Tbsp			Serve immediately.
					CCP: Hold cold foods at 41 degrees F. Hold hot foods at 135 degrees F or higher.

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
1 serving = 3 tacos with toppings per portion size		

Meal Pattern Contribution		
Meat/Meat Alternate	Grains	Vegetable / Vegetable Sub group
2 ounces	2 ounce equivalents	3/8 cup/ ¼ cup legume subgroup and 1/8 cup additional vegetables.
		Fruits
		0

Nutrient Analysis (optional)	
Calories: 485	Saturated Fat: 7.62
	Sodium: 226.59

Pork Filling for Street Tacos

Wenatchee School District

Recipe Category: Main Dish

Ingredients	300 Servings		Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	
Pork, raw, ground 15%	50 lbs 4 oz				Combine all ingredients for seasonings and set aside.
Onions medium, diced	3 lbs				
Orange Juice		1 gallon			Cook pork and onions together. Drain fat.
Water		1 quart			Add seasonings and liquids. Simmer for 30 minutes.
Achiote Paste, 4 oz. block		8 each			CCP: Hold at 135 degrees F or higher.
Garlic, Fresh, Mashed		1 ½ cups			
Cumin, ground	2 oz				
Oregano, dried	2 oz				
Paprika, smoked	2 oz				

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
2 ounces	603 ounces cooked lean meat= 300, 2 ounce portions	0
	1 pound as purchased = 0.75 pound lean cooked meat	

Meal Pattern Contribution		
Meat/Meat Alternate	Grains	Vegetable / Vegetable Sub group
2 ounces	0	0
		Fruits
		0

Nutrient Analysis (optional)	
Calories: 215	Saturated Fat: 16.20 grams
	Sodium: 43.47 mg

Mixed Bean & Vegetable Salsa

Wenatchee School District

Recipe Category: Vegetable

Ingredients	270 Servings		135 Servings		Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Black Beans, canned		1 # 10 can		½ # 10 can			Drain all canned vegetables and place in a bowl.
Pinto Beans, canned		1 # 10 can		½ # 10 can			Chop the chilies, carrots, peppers, onions,
Garbanzo Beans, canned		1 # 10 can		½ # 10 can			and cilantro into a small dice. Add to canned
Kidney Beans, canned		1 # 10 can		½ # 10 can			vegetables. Add chopped jalapenos.
Corn, canned		1 # 10 can		½ # 10 can			Add salsa dressing and mix thoroughly.
Green Chilies, canned		2 27 oz cans		1-27 oz can			Chill to 40 degrees and keep refrigerated until
Jalapenos, canned & chopped		2 cups		1 cup			serving time.
Carrots, fresh		2 each		2 each			
Bell Pepper, red		2 each		1 each			
Bell Pepper, green		2 each		1 each			
Bell Pepper, yellow		2 each		1 each			
Onion, sweet, yellow or red		2 large		1 large			CCP: Hold at 41 degrees F or lower for cold service.
Cilantro, fresh		2 bunches		1 bunch			
Salsa Dressing		270 svgs		135 svgs			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
¾ cup		

Meal Pattern Contribution		
Meat/Meat Alternate	Grains	Vegetable / Vegetable Sub group
0	0	¾ cup additional vegetables
		Fruits
		0

Nutrient Analysis (optional)	
Calories: 122	Saturated Fat: .94 grams
	Sodium: 101.65 mg

Salsa Dressing

Wenatchee School District

Recipe Category: Dressing/Sauce for Salad

Ingredients	270 Servings		Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	
Vinegar, Rice Wine		4 cups			Mix all ingredients in a sauce pan.
Oil, Olive		4 cups			Heat to a boil.
Lemon Juice		½ cup			Remove from heat.
Sugar		2 cups			Allow to cool.
Garlic Powder		4 tsp			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings

Meal Pattern Contribution			
Meat/Meat Alternate	Grains	Vegetable / Vegetable Sub group	Fruits
0	0	0	0

Nutrient Analysis (optional)	
Calories: 74	Saturated Fat: .93 grams Sodium: 1.11 mg

Green Chick Pea Guacamole

Wenatchee School District

Recipe Category: Condiment

Ingredients	352 Servings		Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	
Garbanzo Beans, green	10 pounds				Blanch green garbanzo beans. Place in ice bath.
Tomatoes, Roma	3 pounds				Blend cooled garbanzo beans until smooth. Add
Onions, diced	2 ½ pounds				juice from jalapenos to think mixture if desired.
Jalapeno Peppers, canned	12 ½ ounces				Chop onion, peppers, and cilantro.
Cilantro, fresh	4 ounces				Add chopped ingredients, garlic, and lemon juice to
Garlic, fresh mashed		½ cup			garbanzo bean-mixture and stir just until blended.
Lemon Juice		½ cup			Add pepper to taste.
Pepper, ground		1 dash			Refrigerate until serving time.
Salt		2 Tbsp.			
					CCP: Hold at 41 degrees F or lower for cold service.

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
2 Tablespoons		

Meal Pattern Contribution		
Meat/Meat Alternate	Grains	Vegetable / Vegetable Sub group
0	0	1/8 cup additional vegetable
		Fruits
		0

Nutrient Analysis (optional)	
Calories: 14	Saturated Fat: 0 grams
	Sodium: 58.63 mg

Cilantro, Chipotle, Lime Cream

Wenatchee School District

Recipe Category: Sauce

Ingredients	300 Servings		70 Servings		Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Yogurt, Greek, plain		4.3 quarts		1 quart			Mix yogurt and lime juice together.
Cilantro, fresh, chopped		2 ¼ cups		½ cup			Toss chopped cilantro and chopped chipotle in
Chipotle in Adobo, chopped		2 ¼ cups		¼ cup			Adobe sauce into yogurt mixture.
Lime Juice		6 ounces		2 ounces			Keep in refrigerator until serving time.
							CCP: Hold at 41 degrees F or lower for cold service.

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
1 Tablespoon		

Meal Pattern Contribution			
Meat/Meat Alternate	Grains	Vegetable / Vegetable Sub group	Fruits
0	0	0	0

Nutrient Analysis (optional)	
Calories: 14	Saturated Fat: .69 grams Sodium: 12.84 mg