



Taco Salad

This recipe was created by **Serena Caner** for **Shuswap Food Action Society**

Yield: 50 servings

Serving Size: 12 or 16 oz. trays or plate/bowl

Ingredients

- 6 heads romaine lettuce, shredded (or mix in spinach/kale mix)
- 12 tomatoes, chopped
- 5 cucumbers, diced
- 2- 900 g bag baked Taco chips (or Baked Tortillas chips)
- 850 g Grated cheese
- 1.5 L salsa

Beef & Bean Topping*

- 2 kg or 4.5 lbs lean ground beef
- 30 ml oil
- 3 onions, diced
- 40 ml garlic powder
- 40 ml chili powder
- 40 ml cumin
- 2- 540 ml cans black beans
- 1.5 kg bag frozen corn

*For other Taco toppings see Apple Chipotle Pork, Smoked Tofu Sofrito or Mango Chicken

Method

Step 1

Brown beef until no longer pink. Drain and set aside.

Step 2

Heat oil and add onion, garlic and chili powder, cumin. Cook 5-10 minutes, until onions begin to brown. Add beans and corn and cook until heated through. Stir in beef.

Step 3

Wash and chop romaine, tomatoes, cucumbers.

Step 4

Grate cheese.

To serve: Fill the bottom of each serving dish with broken taco chips. Add lettuce, tomatoes, cucumbers and meat, bean and corn mixture. Top with grated cheese, and a dollop of salsa and sour cream.

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- Cook ground beef until it reaches an internal temperature of 71° C for a minimum of 15 sec.
- Cooling: From 71° C to 20° C in 2 hours AND from 20° C to 4° C within the next 4 hours. If not achieved, throw it away.
- Cold Holding: When cooled to 4° C, cover and store at 4° C. If more than 4° C for 2 hours, throw out.
- Reheating: Reheat to 74° C in less than 2 hours. If reheating takes more than 2 hours, throw out.