



TACO TATER ROCKETS

Ingredients	100 Servings		Directions
	Weight	Measure	
Russet potatoes, 120 count, skin-on	37 pounds 10 ounces	100 each	Preheat oven to 350°F. Scrub potatoes and use a fork to poke holes all around the potato, about 4–6 pokes. Place potatoes in a large container. Drizzle with vegetable oil and rub oil all over the skin of each potato. Place oiled potatoes on a parchment-lined sheet pan. Bake in the preheated oven for about 1 hour, or until the skin is crisp and the flesh is soft. Hold hot at or above 135°F until ready to serve.
Vegetable oil		1/2 cup	
Ground beef, raw, 85/15 Or *Prepared beef taco filling	12 pounds 10 ounces (raw) Or *Prepared taco filling to equal 1.5 oz equivalents per serving		<p>While potatoes are baking, if using raw ground beef, prepare the taco filling. Brown the ground beef in a large sauté pan, tilt skillet or steam-jacketed kettle. Add the diced onions and garlic, and continue to cook until the onions are softened. Stir in the chili powder, cumin, black pepper and salt. Add the tomato sauce and bring the meat to a simmer. Continue to cook 10–20 minutes, partially covered, stirring occasionally. Transfer the taco filling to full-size 2-inch steamtable pans, cover and hold hot at or above 135°F until ready to serve.</p> <p>*If using prepared beef taco filling, follow the manufacturer's instructions for reheating the quantity needed for 1.5-ounce equivalent meat/meat alternate per serving.</p> <p>To serve, split each potato in half lengthwise and squeeze each end toward the middle to open. Place in a portion container. Use a number 12 scoop to fill with 1/3 cup taco mixture and top with 2 tablespoons (1/2 ounce) mozzarella cheese. Serve with 1 tablespoon salsa on the side. Direct students to additional toppings on the salad bar.</p> <p>Place lettuce, tomato, black olives and cilantro in separate containers on the salad bar. Use a 1/4 cup portion server for the lettuce, a 1/8 cup portion server for the tomatoes and black olives, and small tongs for the cilantro.</p>
Onion, yellow, raw, diced	12 ounces	2 1/2 cups	
Garlic, raw, minced		2/3 cup	
Chili powder		1/4 cup	
Cumin, ground		3 tablespoons	
Black pepper, ground		1 tablespoon 1 teaspoon	
Salt		1 teaspoon 1 tablespoon	
Tomato sauce, low sodium	8 pounds 8 ounces	1 gallon	
Mozzarella cheese, low moisture, part skim, shredded	3 pounds 2 ounces		
Salsa, prepared		6 1/4 cups	
Lettuce, shredded	4 pounds 10 ounces	6 quarts 1 cup	
Tomato, raw, diced	5 pounds 12 ounces		
Black olives, sliced		3 quarts 1/2 cup	
Cilantro, fresh, chopped		2 quarts	

Serving Size	1 Serving Provides				
1 baked potato with taco filling	1/2 cup starchy vegetable, 2 ounce equivalent meat, meat alternate				
Nutrients Per Serving					
Calories	360	Saturated Fat	5.3 g	Iron	4 mg
Protein	19 g	Cholesterol	47 mg	Calcium	202 mg
Carbohydrate	39 g	Vitamin A	978 IU	Sodium	434 mg
Total Fat	14.7 g	Vitamin C	17 mg	Dietary Fiber	4 g