

BEEF AND BEAN TOSTADAS

Yield 100

Portion 2 Tostadas

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
539 cal	45 g	32 g	26 g	102 mg	835 mg	386 mg

Ingredient

BEEF,GROUND,BULK,RAW,90% LEAN
 SALT
 PEPPER,RED,GROUND
 CUMIN,GROUND
 GARLIC POWDER
 CHILI POWDER,LIGHT,GROUND
 FLOUR,WHEAT,GENERAL PURPOSE
 BEANS,REFRIED
 LETTUCE,ICEBERG,FRESH,CHOPPED
 TOMATOES,FRESH,CHOPPED
 ONIONS,FRESH,CHOPPED
 TORTILLAS,CORN,6 INCH
 CHEESE,CHEDDAR,GRATED
 SAUCE,SALSA
 SOUR CREAM

Weight

14-1/2 lbs
 1-1/4 oz
 <1/16th oz
 1/8 oz
 1/8 oz
 1-3/8 oz
 6-5/8 oz
 20 lbs
 5-3/8 lbs
 7-1/8 lbs
 2 lbs
 11-1/2 lbs
 6-1/2 lbs
 3-3/4 lbs
 6-3/8 lbs

Measure

2 tbsp
 1/8 tsp
 3/8 tsp
 1/4 tsp
 1/4 cup 1-2/3 tbsp
 1-1/2 cup
 2 gal 1 qts
 2 gal 3-1/8 qts
 1 gal 1/2 qts
 1 qts 1-1/2 cup
 200 each
 1 gal 2-1/2 qts
 1 qts 3 cup
 3 qts 1/2 cup

Issue

5-3/4 lbs
 7-1/4 lbs
 2-1/8 lbs

Method

- 1 Cook beef until beef loses its pink color; stir to break apart. Drain fat. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Combine flour, chili powder, salt, garlic powder, cumin and red pepper. Add to beef. Cook 5 minutes, stirring occasionally. CCP: Hold at 140 F. or higher for use in Step 5.
- 2 Place refried beans in a steam jacketed kettle or stockpot. Cover; heat slowly for 15 to 20 minutes or until steaming, stirring frequently to prevent sticking.
- 3 Shred lettuce and chop tomatoes and onions; cover.
- 4 Place tortillas in rows 4 by 6 on sheet pans. Bake 6 to 8 minutes or until tortillas are lightly toasted or browned on low fan, open vent.
- 5 Use batch preparation methods when assembling tostadas. Tostadas may be served with 1 recipe Guacamole (Recipe No. M 052 00) per 100 portions. Follow assembly instructions. Arrange each tostada as follows: 1. One tostada shell 2. 2 tbsp refried beans, spread evenly 3. 2 tbsp taco filling, spread evenly 4. 2 tbsp shredded cheese 5. 2 tbsp shredded lettuce 6. 1 tbsp chopped tomatoes 7. 1 tsp chopped onions 8. 1 tbsp salsa 9. 1 tbsp sour cream