

SALADS, SALAD DRESSINGS, AND RELISHES No.M 028 00

TACO SALAD

Yield 100

Portion 1-1/2 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
307 cal	29 g	18 g	14 g	41 mg	908 mg	187 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
CHILI CON CARNE		3 gal 1 qts	
LETTUCE,ROMAINE,FRESH,CHOPPED	8 lbs	4 gal 1/4 qts	8-1/2 lbs
ONIONS,FRESH,SLICED	12-1/8 oz	3 cup	13-1/2 oz
TOMATOES,FRESH,THIN WEDGES	5-1/8 lbs	3 qts 1 cup	5-1/4 lbs
CHEESE,CHEDDAR,SHREDDED	3-1/8 lbs	3 qts 1/2 cup	
CORN CHIPS	3-1/8 lbs		
TACO SAUCE		3 qts 2 cup	

Method

- 1 Prepare 1/2 recipe Chili Con Carne, Recipe No. L 028 00 or Chili Con Carne with Beans, Recipe No. L 059 00. Keep hot for use in Step 5. CCP: Internal temperature must reach 155 F. or higher for 15 seconds.
- 2 Tear lettuce into pieces.
- 3 Combine lettuce, onions, and tomatoes. Toss lightly.
- 4 Place 1 cup salad mixture in each soup bowl.
- 5 Ladle 1/2 cup hot chili over each salad.
- 6 Sprinkle 2 tablespoons cheese over each salad.
- 7 Sprinkle 6 to 9 corn chips and 2 tablespoons taco sauce over each salad.
- 8 Serve immediately. Taco Salad may be served with sour cream or guacamole.

Notes

- 1 In Steps 5 and 6, add chili and cheese just before serving to prevent wilted lettuce and unappetizing appearance.