



## BEEF AND LENTIL TACO WITH CILANTRO YOGURT SAUCE

<b>Recipe Project Name/Written By:</b>	Dairy MAX
<b>Recipe Category:</b>	Lunch, Speed Scratch
<b>Cooking Process:</b>	#2 Same Day Service
<b>Prep Time:</b>	40 minutes
<b>Cook Time:</b>	40 minutes
<b>Total Time:</b>	1 hour 20 minutes
<b>K-12 Portion Size:</b>	1 taco + #40 disher sauce

**Meal Pattern Contribution:** 1.5 oz eq WGR grain, 2.5 oz eq m/ma

INGREDIENTS	27 Servings		108 Servings	
	Weight	Measure	Weight	Measure
<b>BEEF AND LENTIL TACOS:</b>				
Tortillas, WGR, 8"		27 each		108 each
Lentils, green, dry		1 1/4 c		1 qt + 1 c
Water		3 1/2 c		3 qt + 2 c
Onion, white, diced 1/4"	10 oz		2 /12 lb	
Oil, canola		1 Tbsp		1/4 c
Beef, ground, raw, 10% fat	5 lb		20 lb	
Taco seasoning, low-sodium		1/2 c + 2 Tbsp		2 1/2 c
Salsa		1 1/4 c		1 qt + 1 c
<b>CILANTRO YOGURT SAUCE:</b>				
Yogurt, Greek, plain, non-fat		3 c + 2 Tbsp		3 qt + 1/2 c
Cilantro, AP	0.5 oz	1/2 c	1.8 oz	2 c
Lime juice		1 Tbsp + 2 tsp		1/4 c + 3 Tbsp
Cumin		1/2 tsp		2 tsp
Granulated garlic		1/2 tsp		2 tsp
Salt		1/2 tsp		2 tsp
<b>SERVE WITH TACOS:</b>				
Cheese, cheddar, shredded	13.5 oz		3 lb 6 oz	
Salsa		3 1/4 c + 2 Tbsp		3 qt + 1 1/2 c

DIRECTIONS
1. Thaw tortillas at room temperature overnight.
<b>To Cook Lentils:</b> 2. Rinse dry lentils in a colander under cool running water. Place lentils and water in a steamtable pan. Cover and steam for 20 minutes or until soft. Drain if needed.
<b>CCP: Heat to 135° F or higher for at least 15 seconds.</b>
3. Heat tilt skillet to medium-high heat and add canola oil. Add onion and cook for about 3 minutes or until onion is translucent.
4. Add ground beef. Use a spatula to break apart. Cook until mostly browned and juices are released. Drain beef. Add taco seasoning and continue cooking until brown.
5. Add lentils and salsa. Cook 3-5 minutes or until lentils are heated through and internal temperature reaches 155° F.
<b>CCP: Heat to 155° F or above for at least 15 seconds.</b>
<b>CCP: Hold and serve at 135° F or higher.</b>
<b>CCP: No bare hand contact with ready to eat food.</b>
<b>Cilantro Yogurt Sauce:</b>
6. Place yogurt, cilantro, lime juice, cumin, granulated garlic, and salt in a food processor or blender. Blend until color turns light green and cilantro is finely chopped. Cover and hold in the refrigerator until ready to serve.
<b>CCP: Hold and serve at 41° F or below.</b>
7. Place a #8 disher beef lentil mixture on tortilla. Serve with a #40 disher cilantro lime yogurt, 0.5 oz cheese, and 2 Tbsp salsa or pico de gallo.

**BEEF AND LENTIL TACO WITH CILANTRO YOGURT SAUCE**

**NUTRITION INFORMATION**

**Serving Size** 1 each

**NUTRIENTS AMOUNT**

**Calories** 410

**Total Fat** 19 g

Saturated Fat 6 g

**Cholesterol** 60 mg

**Sodium** 812 mg

**Total Carbohydrate** 37 g

Dietary Fiber 5 g

Total Sugars 4 g

Added Sugars 1 g

**Protein** 23 g

Vitamin D 0.1 mcg

Calcium 228 mg

Iron 2 mg

Potassium 318 mg

**N/A=**data not available.

**ALLERGENS: Milk, Wheat**

*Allergen and nutrient information may vary based on the specific products and ingredients used on site.*

**\*MARKETING GUIDE**

Food as Purchased for	27 Servings	108 Servings
Onions, fresh	11.4 oz	2 lb 14 oz

**NOTES**

\*See Marketing Guide for AP (As Purchased) weights when EP (Edible Portion) weights are provided in the recipe.

To prepare lentils in the oven: Preheat oven to 375°F. In a full-pan place dry lentils and water. Cover with foil and cook for 30-40 minutes until water is absorbed and lentils are tender. Remove from oven, stir and drain any excess water. Take care to not overcook. Lentils may be cooked ahead of time and chilled for future use.

**YIELD/VOLUME**

27 Servings	108 Servings
N/A	N/A

