



Beef and Lentil Tacos with Cilantro Yogurt Sauce

Preparation Time: 40 minutes

Cook Time: 40 minutes

Total Time: 1 hour 20 minutes

Category	Optional			Cooking process	#2 Same Day Service
Yield	27 each		108 each		Directions
Ingredients	Weight	Measures	Weight	Measures	
Beef and Lentil Tacos					CCP: No bare hand contact with ready to eat food.
Tortillas, WG, 8"		27 each		108 each	1. Thaw tortillas at room temperature overnight.
Lentils, dry		1 1/4 cup		1 qt + 1 cup	To Cook Lentils: 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.
Water		3 1/2 cups		3 qt + 2 cups	
Onion, white, diced 1/4"	10 oz		2 1/2 lb		CCP: Hold at 135° F or above.
Oil, canola		1 Tbsp		1/4 cup	
Beef, ground, raw, 10% fat	5 lb		20 lb		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.
Taco seasoning, low-sodium		1/2 cup + 2 Tbsp		2 1/2 cups	
Salsa		1 1/4 cups		1 qt + 1 cup	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.
Cilantro Yogurt Sauce					5. Add lentils and salsa. Cook 3-5 minutes or until lentils are heated through and internal temperature reaches 155° F.
Greek yogurt, plain, low-fat		3 cups + 2 Tbsp		3 qt + 1/2 cup	
Cilantro, fresh, AP	.5 oz	1/2 cup	1.8 oz	2 cups	CCP: Heat to 155° F or above.
Lime juice		1 Tbsp + 2 tsp		1/4 cup + 3 Tbsp	
Cumin		1/2 tsp		2 tsp	CCP: Hold and serve at 135° F or above.
Granulated garlic		1/2 tsp		2 tsp	
Salt		1/2 tsp		2 tsp	CCP: No bare hand contact with ready to eat food.



Cheese, cheddar, shredded	13.5 oz		3 lb 6 oz		Cilantro Yogurt Sauce: 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. CCP: Hold and serve at 41° F or below. 7. Place a #8 disher beef lentil mixture on tortilla. Serve with a #40 disher cilantro lime yogurt, .5 oz cheese, and 2 Tbsp salsa or pico de gallo.
Salsa or pico de gallo		3 1/4 cups + 2 Tbsp		3 qt + 1 1/2 cup	



Meal components	1.5 oz eq WGR grain, 2.5 oz m/ma
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Notes	Marketing guide (Food As Purchased)	27 servings	108 servings
	*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.	Onion, fresh	11.4 oz
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.			
To prepare lentils in a steam jacketed kettle or large pot: combine lentils and water. Bring to a boil, then reduce to simmer. Cover and cook for 20 to 30 minutes until tender.			



Serving					
One serving provides 1.5 oz eq WGR grain and 2.5 oz m/ma.					
Nutrients per serving					
Calories	400	kcal	Sat Fat	6	g
Protein	29	g	Chol	66	mg
Carb	36	g	Sodium	443	mg
Total Fat	15	g	Dietary Fiber	5	g