



Recipe Production

Recipe Number: LW009

Recipe Name: TACO MEAT WITH LENTILS

Hot: Yes

Recipe Source: Live Well

HACCP Process Category:

Complex

Serving Description: 1/2 CUP

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	1/2 CUP				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
3554	LENTILS GREEN 20 LB	12	Ounce			(Unassigned)
TAP	WATER	2	Quart			(Unassigned)
1112	SPICE GARLIC GRANULATED 25 LB	2	tsp			(Unassigned)
1046	SPICE CUMIN BULK 10 LB	1/2	tsp			(Unassigned)
1011	SALT KOSHER 12/3 LB	2	tsp			(Unassigned)
1022	SPICE PEPPER BLK 18OZ	1	tsp			(Unassigned)
3001	BEEF GROUND FRESH 50 LB	10	Pound			(Unassigned)
2514	TOMATO PASTE 6/103 OZ	1	Quart			(Unassigned)
TAP	WATER	3	Quart			(Unassigned)
3554	LENTILS GREEN 20 LB	1	Pound			(Unassigned)
1112	SPICE GARLIC GRANULATED 25 LB	5	tbsp			(Unassigned)
1022	SPICE PEPPER BLK 18OZ	2	Tbsp			(Unassigned)
1102	SPICE CHILI POW DK ORG 20 OZ	4	Tbsp			(Unassigned)
1046	SPICE CUMIN BULK 10 LB	4	Tbsp			(Unassigned)
1103	SPICE PAPRIKA GRD ORG 15 OZ	4	Tbsp			(Unassigned)
1011	SALT KOSHER 12/3 LB	2	Tbsp			(Unassigned)

Cooking Instructions

Cooking Temperature: 0 **Cooking Times:** **Hours:** 0 **Minutes:** 0

Pre-Preparation Instructions

Recipe source: Live Well
 85% lean fresh ground beef yields 75%
 4 hotel pans per 100 servings

Preparation Instructions

Method
 For the lentil puree:
 1. Place the lentils on a sheet pan to quickly sort through them for any rocks. Place into a colander and rinse well.
 2. In a stockpot, place the lentils, water, and seasonings (listed before ground beef on ingredient list) together and mix well. Bring to simmer and allow to cook for 30 - 45 minutes, stirring occasionally.
 3. Once lentils are tender, blend well using an immersion blender. Keep hot if adding taco meat. Otherwise, cool rapidly to below 41 degrees F and place 1 qt of puree into freezer bags per 50 servings.
 For the taco meat:
 1. Brown ground beef in tilt skillet or large stockpot. Drain fat.



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2. Add tomato paste, water, lentils, and spices (listed below ground beef on ingredient list). Mix well.
3. Add the lentil puree and mix well.
4. Cover and allow to simmer over med - low heat for at least 1 hour or until lentils are tender and mixture reaches 165 degrees F.
5. Taste and adjust seasonings (outside of salt). Keep above 135 degrees F for service.

Serving Instructions

Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	11,392.4033	112.7252	113.9240		
Saturated Fat	g	201.4802	1.9936	2.0148	15.92	
Sodium	mg	22,898.1896	226.5723	228.9819		
Total Trans	g	31.8047	0.3147	0.3180		*
Total Fat	g	533.6961	5.2808	5.3370	42.16	
Cholesterol	mg	2,313.3637	22.8902	23.1336		
Carbohydrate	g	715.5094	7.0798	7.1551	25.12	
Total Dietary Fiber	g	301.6543	2.9848	3.0165		
Protein	g	898.8891	8.8943	8.9889	31.56	
Vitamin A (RE)	RE	8,067.8487	79.8295	80.6785		
Vitamin A (IU)	IU	40,686.8412	402.5869	406.8684		
Vitamin C	mg	98.2843	0.9725	0.9828		
Calcium	mg	1,831.2908	18.1202	18.3129		
Iron	mg	171.7877	1.6998	1.7179		
Moisture	g	7,060.8722	69.8657	70.6087		*
Ash	g	109.3608	1.0821	1.0936		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
3554	LENTILS GREEN 20 LB	1.00	(Unassigned)	0	0.75	LB	/
TAP	WATER	1.00	(Unassigned)	0	0.00	UNLIMITED	/
1112	SPICE GARLIC GRANULATED 25	1.00	(Unassigned)	0	0.01		/
1046	SPICE CUMIN BULK 10 LB	1.00	(Unassigned)	0	0.00	LB	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.01	BOX (3 LB)	/
1022	SPICE PEPPER BLK 18OZ	1.00	(Unassigned)	0	0.07	OZ	/
3001	BEEF GROUND FRESH 50 LB	1.00	(Unassigned)	10	0.00	LB	/
2514	TOMATO PASTE 6/103 OZ	1.00	(Unassigned)	0	0.32	CAN (106 OZ)	/
TAP	WATER	1.00	(Unassigned)	0	0.00	UNLIMITED	/
3554	LENTILS GREEN 20 LB	1.00	(Unassigned)	1	0.00	LB	/
1112	SPICE GARLIC GRANULATED 25	1.00	(Unassigned)	0	0.11		/
1022	SPICE PEPPER BLK 18OZ	1.00	(Unassigned)	0	0.44	OZ	/
1102	SPICE CHILI POW DK ORG 20 OZ	1.00	(Unassigned)	1	0.02	OZ	/
1046	SPICE CUMIN BULK 10 LB	1.00	(Unassigned)	0	0.06	LB	/
1103	SPICE PAPRIKA GRD ORG 15 OZ	1.00	(Unassigned)	1	0.35	OZ	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.03	BOX (3 LB)	/



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