



Dysphagia-Friendly Tacos



INGREDIENTS

	6 SERVINGS	12 SERVINGS
THICK & EASY® Level 5 Minced Beef, thawed Item: 114401	4 Tbsp	8 Tbsp
Taco seasoning mix of choice*	1 Tbsp + 1 tsp	2 Tbsp + 2 tsp
Water	1 tsp	2 tsp
Corn Tortillas (4-6-inch size; 2 per serving)	12	24
Water, hot	2/3 cup	1 1/3 cups
THICK & EASY® Clear Food & Beverage Thickener Item: 25544	4 tsp	2 Tbsp + 2 tsp
Suggested Garnishes: Cheese sauce; Sour cream; Pureed Avocado; Pureed Salsa; Taco Sauce	As desired	As desired



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IDDSI LEVELS



NUTRITION

Serving Size

(for seasoned meat and corn tortilla only): About 2 oz seasoned meat; about 1/4 cup pureed corn tortilla

Calories: 130

Total Fat: 4g

Saturated Fat: 1.5g

Cholesterol: 30mg

Sodium: 240mg

Total Carb: 15g

Dietary Fiber: <1g

Total Sugars: 0g

Added Sugars: 0g

Protein: 8g

Vitamin D: 0% DV

Calcium: 0% DV

Iron: 4% DV

Potassium: 0% DV

DIRECTIONS

1. Place thawed **THICK & EASY® Level 5 Minced Beef** in a saucepan and warm over medium heat.
2. Add taco seasoning mix and water; stir well.
3. Heat and stir until mixture begins to thicken and reaches 165°F or higher.
4. Cover and hold at 135°F or higher for service.
5. Using a food processor or blender, grind corn tortillas to fine crumbs.
6. Add water and puree until smooth.
7. Add **THICK & EASY® Clear Food & Beverage Thickener** and mix well.
8. Cover and hold at 135°F or higher for service. Keep tortilla mixture covered tightly to retain moisture.

To Serve Individual Tacos: (2 tacos per serving)

9. Portion two #30 scoops pureed corn tortilla per serving. Flatten each scoop into a round shape with a spatula, plastic wrap, or clean gloved hand.
10. Portion one #30 scoop seasoned ground meat onto each corn tortilla circle. Add desired toppings and fold in half using a spatula or clean gloved hand. Drizzle with taco sauce.

To Serve as a Tostada (open faced taco)

11. Portion one #16 scoop pureed corn tortilla per serving. Flatten into a round shape with a spatula, plastic wrap, or clean gloved hand.
12. Portion 1 - #16 scoop ground taco meat onto corn tortilla circle. Add desired toppings and garnish with a drizzle of taco sauce.

RECIPE NOTES

- Before serving, always test for Level 5 using IDDSI guidelines. If needed, add additional water or taco sauce if meat mixture or pureed corn tortillas are too dry; and a small amount of **THICK & EASY® Clear Food & Beverage Thickener** if too wet or thin.