

Level 5 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 Instant Food & Beverage Thickener Item: 17938 | 4 tsp | 2 Tbsp + 2 tsp |
| Suggested Garnishes: Cheese sauce; Sour cream; Pureed Avocado; Pureed Salsa; Taco Sauce | As desired | As desired |



Level 5 Tacos

IDDSI LEVELS   



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 Instant 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)

1. 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.
2. 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)

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

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® Instant Food & Beverage Thickener** if too wet or thin.

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