

# Ranchero Egg Taco's w/ turkey sausage

Recipe:	R-2775	HACCP Process:	Same Day Service	
# of Servings:	100.00	Serving Size:	2 Taco's	Source: <b>Spring Lake Park HS, MN</b>
Grams Per Serving:	276.41	Ounces per Serving:	9.75	Two tacos provide 3 oz. eq. meat/meat alternate, 2 oz. eq. whole grains and 1/4 cup legume.

Ingredients	Measurements	Directions
Precooked Scrambled Eggs (IQF)	12 LB. + 8 OZ	1. Ingredients:
USDA Turkey Ham	10 LB. + 8 OZ	
Whole Wheat Tortilla, 6.25"	200 TORTILLA	
Whole Grain Brown Rice, Cooked	1 GALLON + 2 QUART + 1 CUP	
Texas Ranchero Pinto Beans	1GALLON + 2 QUART + 1 CUP	
Pan Spray	1 OZ	
		2. <b>Pre-Prep:</b> Two days prior to day of service: Pull Scrambled egg pouches and USDA turkey ham from the freezer. Place ham in a food safe container. Place eggs on tray. Cover, date stamp and place on lowest shelf in the cooler to thaw. Wash hands thoroughly. <b>CCP: Hold below 41°F</b>
		3. Day of Service: <b>Pre-Prep:</b> Prepare the workstation by cleaning and sanitizing all areas. Gather all ingredients for preparation. Preheat convection oven to 300°F and steamer to high. <b>CCP: Prepare foods at room temperature in two hours or less</b> <b>CCP: Wash hands for 20 seconds in a hand sink, dry properly, and put on gloves before beginning preparation. Repeat process as often as needed per HACCP guidelines.</b>
		4. Wash hands thoroughly. <b>Prep:</b> Place two pouches of thawed pre-cooked scrambled eggs in each full perforated steam pan.
		5. <b>Cook:</b> Steam eggs for 20 minutes. Open steamer carefully and knead egg pouch to break up clumps. Flip pouches over and steam for 20 additional minutes. Open steamer carefully and remove eggs. Temp by folding pouch over instant read thermometer. Product must reach an internal temperature of 165°F for 15 seconds. Knead egg pouches again before placing in warmer to hold for service. <b>CCP: Heat until an internal temperature is reached of 165°F for 15 seconds</b>

6. **Prep:** Pull ham, leftover rice from cooler and place at workstation.

Pull rancho beans from dry storage, wipe off lid and open, discarding lid carefully.

Wash hands thoroughly.

Dice ham and place in full steamtable pans.

Place rice in full steamtable pans.

Place beans in full steamtable pans.

7. **Cook:** Place diced ham, beans and rice in steamer as room allows.

Steam rice and beans for 10 minutes or until an internal temperature of 155°F is reached.

Steam ham until an internal temperature of 165°F is reached.

**CCP: Heat until an internal temperature is reached of 155°F for 15 seconds**

**CCP: Reheat until an internal temperature is reached of 165°F for 15 seconds**

8. **Hold:** Place eggs, ham, beans and rice in warmer, maintaining an internal temperature of 140-145 degrees.

**CCP: Hold above 135°F**

9. **Serve:**

Serve: Place 1 oz. (2 TBLS or 1- #30 disher) of each of the following in each taco: brown rice, diced ham, scrambled eggs and ranchero beans. Serve two tacos

Each serving provides 3 oz. eq. meat/meat alternative, 2 oz. eq. whole grain and ¼ cup legume.

Each hearty serving weighs 9.75 ounces.

**CCP: Hold above 135°F**

**Notes:**

Production Notes: Note: if you have your own scrambled egg recipe, please follow that for your equipment and SOP's.  
 Note: retherm ingredients following your equipment and SOP's.  
 This entree is great for All Day Breakfast.

Note: if you leave out the ham, you reduce the sodium and turn this entree into a great vegetarian option  
 All meal components credits are using the FBG or the manufacturer PFS.

Serving Notes: Each serving of two tacos provides 3 oz. eq. meat/meat alternative, 2 oz. eq. whole grain and ¼ cup legumes.  
 Each serving weighs 276.41 grams or 9.75 ounces

The nutritional analysis does not include the following options:

Note from the district: We set up a salsa bar with the following for the students to have for toppings:

Salsa's

Light sour cream packets

Pico de Gallo

Mango Salsa

Tabasco

Fajita Veggies

Nutrients Per Serving:		(per 2 Taco)			
Calories	458.646	Trans Fat (gm)	0.000	Iron (mg)	4.953
Protein (gm)	25.586	Chol (mg)	259.521	Calc (mg)	267.969
Carb (gm)	56.634	Vit A (IU)	360.755	Sodium (mg)	918.019
Tot Fat (gm)	14.115	Vit C (mg)	0.034	Fiber (gm)	7.500
Sat Fat (gm)	5.015			Sugars (gm)	2.500

Note: \* means nutrient data is missing or not available.

Meal Components:		(per 2 Taco)				
		-----Vegetables (Cups)-----				
Fruit (Cups)	Dark Green	Red/Orange	Beans/Peas	0.250	Starchy	Other
Whole Grain- Rich (Oz. Eq.)	2.000	Enriched Grain (Oz. Eq.)	Meat/Alt (Oz. Eq.)	3.000	Fluid Milk (Cups)	

**Allergens:**

Milk, Eggs, Wheat, Soybeans