

NACHO AVERAGE LENTIL TACO



YIELD: 25 servings

SERVING SIZE: ¼ cup, slightly mounded

PREP TIME: 15 minutes

COOK TIME: 20-30 minutes



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INGREDIENTS	WEIGHT	MEASURE	METHOD
Water		3 qt	1. Heat water over medium high heat in large stock pot or steam jacketed kettle.
Green lentils, dry (to be cooked until tender but not overcooked)	1 lb dry weight		2. Rinse lentils with cool running water in colander; add rinsed, drained lentils to hot water. 3. Bring lentils and water to a boil, then reduce temperature to simmer. Cook covered, stirring lentils gently and occasionally for 20 to 30 minutes until tender and cooked through. Take care to not overcook. When thin outer coat of lentil starts to separate, lentils are close to done. NOTE: 6¼ cups of cooked lentils is needed for 25 serving recipe.
Tomato sauce, no added salt		3 cup, 2 Tbsp	4. While lentils are cooking, combine tomato sauce and chipotle seasoning and heat to 140°F. CCP: Hot hold at 135°F or higher.
Southwest chipotle seasoning mix, no added salt variety		2 Tbsp, or to taste	
Dried lime juice (such as True Lime®)		2 tsp, or to taste	5. Drain cooked lentils and immediately add 6 ¼ cups to hot, seasoned sauce. Add powdered lime and fold lentils into sauce. Serve immediately. CCP: Hot Hold at 135°F or higher. CHEF'S NOTE: Cheese and taco shells both provide culinary sodium and may provide enough salt for the finished serving. Taste test finished serving to determine if any additional salt is needed in the recipe and adjust as needed.
Salt, optional to taste (see Chef's Note)			
SUGGESTED SERVING: Reduced-fat shredded cheddar cheese	12 ½ oz	50 Tbsp	SUGGESTED SERVING FOR EACH TACO: Place 2 Tbsp (½-oz) shredded cheese in hard corn taco shell, add slightly mounded ¼ cup (#16 scoop) of lentil taco filling. Garnish with shredded lettuce and diced tomato, if desired.
Corn taco shells		25 shells, ½-oz eq each	
Shredded lettuce and diced tomato garnish, optional			

Meal Components per serving of lentil taco filling (slightly mounded ¼ cup; does not include cheese, taco shell, or garnish vegetables):

1 oz eq Meat/Meat Alternate and ¼ cup Red/Orange vegetables OR ¼ cup Vegetables (¼ cup Legumes, Beans and Peas and ¼ cup Red/Orange vegetable subgroups)

Approximate nutritional contribution per serving of lentil taco filling (slightly mounded ¼ cup; does not include cheese, taco shell, or garnish vegetables):

65 Calories, 0 g Fat, 0 g Saturated Fat, 0 g Trans fat, 0 mg Cholesterol, 5 mg Sodium, 12 g Carbohydrate, 4 g Dietary Fiber, 2 g Sugars, 5 g Protein, 137 IU Vitamin A, 3 mg Vitamin C, 14 mg Calcium, 2 mg Iron.

COOLING: CCP: Cool to 70°F or lower within 2 hours and from 70°F to 40°F within 4 more hours. Place in shallow pans with a product depth of 2 inches or less and refrigerate or place shallow pans of product into ice bath, immerse pans into ice up to product level and stir frequently. Cover and label product.

REHEATING: CCP: Reheat to 165°F or higher for 15 seconds, within 2 hours.

SANITATION INSTRUCTIONS: Wash hands and exposed parts of arms before handling food, after handling raw foods, and after any interruption that may contaminate hands. Wash, rinse and sanitize all equipment and utensils before and after use. Return all ingredients to refrigerator if preparation is interrupted. Measure all internal product temperatures with a cleaned and sanitized thermocouple or thermometer every 2 hours. Thaw frozen product properly using an FDA recommended method.

*Other pulses may be used in this recipe. For example, garbanzo beans may be used in place of lentils.

ADDITIONAL MENU IDEAS

Roll up chipotle lime seasoned lentils in a soft shell tortilla burrito-style

Top tortilla chips with chipotle lime seasoned lentils and cheese sauce for Nuevo Nachos

Add chipotle lime seasoned lentils to taco salad fixings for a flavor-filled grab-and-go option

