

Ground Beef Lab - Open-Faced Tacos

Summary

A meat lab reinforcing another techniques in the preparation of ground beef in an Open-Face Taco.

Main Core Tie

Dietetics and Nutrition 1

[Strand 5](#)

Time Frame

1 class periods of 90 minutes each

Group Size

Small Groups

Materials

Handouts:

Lab planning sheet

Meat Crossword Puzzle

Recipe for Open Faced Tacos

Ingredients needed for each unit of four students:

1/2 lb. ground beef

1 tsp. minced onion

salt and pepper

2 tbs. taco seasoning

1 8-oz. tomato sauce

1/2 cup refried beans

8 corn tortilla shells

1/4 head lettuce

1 tomato

1 cup cheese

8 - 10 olives

1/4 cup sour cream

Oil

Empty can to put grease in

Background for Teachers

The teacher will need to know how to prepare the ground beef properly using proper safety and sanitation procedures when handling each of the food products in the preparation of making Open Faced Tacos, a variation to a Tostada or Taco.

Student Prior Knowledge

The student will need to know how to correctly prepare the ground beef in the recipe for Open Faced Taco and assemble it properly together.

Intended Learning Outcomes

The student will practice safe handling procedures in a lab experience by handling the ground beef

properly in the preparation of a recipe preparing Open Faced Tacos.

Instructional Procedures

Hand out to the students the Meat Crossword Puzzle to be worked on during the class if time is available. They will be given several class periods to work and complete the puzzle. Identify the due date. References: Classroom textbook, notes from lectures and study sheets.

Have students plan lab. Read and go over the directions completely with the students.

Prior to class, have the ingredients on the supply table cut, prepared, and labeled for each of the units to obtain.

Brown the ground beef in a small fry pan over medium heat. Do not burn it. Season with minced onion, salt and pepper.

In a medium saucepan, combine tomato sauce and taco seasoning. Heat through. Set aside.

In a large fry pan on medium heat. Add 1 - 2 Tbs. oil to fry the corn tortillas. Be careful not to burn yourself. Add more oil as needed. You don't need very much to fry the tortillas in.

Dip each of the corn tortillas into the heated tomato sauce mixture and place on cookie sheet one per person.

Build your taco with the ingredients of your choice starting with refried beans and beef.

Top with another corn tortilla fried and dipped in the tomato sauce.

Then add the shredded lettuce, chopped tomatoes, grated cheese sour cream and olives.

Place in 375 degree oven until cheese melts. Serve immediately.

Allow enough time for the students to prepare, eat and clean up thoroughly before leaving. Check the stove tops and pans to make sure they are clean.

Authors

[DEBRA PAULL](#)