

Period \_\_\_\_\_ Unit # \_\_\_\_\_ Date \_\_\_\_\_  
Unit Members: \_\_\_\_\_  
\_\_\_\_\_

Today, you as a unit will be preparing a **Taco Salad**. You must remember to practice good safety techniques in your preparation.

1. Wash you hands with soap and water for a minimum of 20 seconds each.
2. Wear a clean apron or lab coat and put hair back if necessary.
3. Be sure to cook your ground beef to at least 160°F so it is **not** pink inside to kill any e.coli that may be present in undercooked ground beef.
4. Wash cutting boards, dishes, tools, etc. with **hot**, soapy water after preparing each food item and before you go on to the next food to prevent any cross-contamination of food items.
5. Use proper equipment for each preparation task.
6. Keep all work surfaces clean and sanitize cutting boards and counters with dilute solution of chlorine bleach and water from labeled container (1/2 t. - 1 t. bleach per pint of water) or sanitizer underneath the sink.
7. Wash and dry dishes using correct procedure and put **all** dishes away in their assigned place.

#### Taco Salad

1/2 lb. lean ground beef  
1/4 cup finely chopped onion  
1/4 cup chopped green pepper  
1/3 - 1/2 cup mild salsa  
1/2 tsp. chili powder  
1/2 cup drained Kidney Beans  
8 - 10 olives, cut and sliced  
1/4 head shredded iceberg lettuce, washed  
1 chopped tomato, washed  
1 cup grated Cheddar Cheese  
1/4 cup dairy sour cream  
2 large handfuls of tortilla chips

In a large skillet on **medium** heat, brown ground beef with onions and green peppers until beef is browned; drain off any grease in designated container. Add salsa, chili powder, kidney beans and olives; mix well. Cook over **low** heat for 5 minutes or until thoroughly heated.

Assemble individual salads in any order as you choose by combining the tortilla chips, meat/bean/olive mixture, shredded lettuce, chopped tomatoes, grated cheese and sour cream. Toss lightly.

#### Points Graded for Lab

Follow instructions and techniques used	(10)
Followed good safety/sanitation practices	(20)
Evaluation on finished product	(10)
Clean up with everything in order on time	(10)

**TOTAL POINTS POSSIBLE**

**50**

Student's  
points

Teacher's  
points