

Period _____ Unit # _____

Date _____

Unit Members:

Today, you as a unit will be preparing a Taco Soup which contains all of the food groups according to the Food Guide Pyramid. You must remember to practice good safety and meal preparation techniques.

1. Wash your hands with soap and water for a minimum of 20 seconds each.
2. Wear a clean apron and pull 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.
7. Practice good food preparation techniques.
8. Wash and dry dishes using correct procedure and put **all** dishes away in their assigned place.

Taco Soup

1/2 lb. ground beef
1/4 large onion, chopped
2 -3 Tbs. taco seasoning
2/3 cup stewed tomatoes
1 8-oz. tomato sauce
1/2 cup corn
1/2 cup kidney beans
1 cup water
1 cup grated cheese
8 olives, sliced
1/4 cup sour cream
fritos

In a large frypan, brown ground beef with onion; stir and break up meat as it cooks. Drain grease from meat. Put browned meat/onion mixture in a large saucepan. Add taco seasoning, tomatoes, tomato sauce, kidney beans, corn and water. Heat and simmer for 20 minutes, stirring occasionally; to keep mass from sticking to the bottom of the pan. (May be served at this time, but flavor develops if allowed to stand.)

Serve over fritos in a bowl. Add a dollop of sour cream, grated cheese and olives on top.

Points Graded for Lab:

Follow instructions and techniques used (15)

Followed good safety/sanitation practices (15)

Evaluation on finished product (10)

Clean up with everything in order on time (10)

TOTAL POINTS POSSIBLE 50

Student's
points

Teacher's
points