



FRITOS® TACO SALAD WITH FRITOS® ORIGINAL CORN CHIPS

Each Serving Provides:

2.5 oz. Meat/MA
2 oz. chicken
.5 oz. cheese
¾ c. Vegetables
 ¼ c. Starchy (corn)
 ¼ c. Red /Orange (tomatoes)
 ¼ c. Legumes (black beans)
1.25 oz. eq. Grain (1 oz. Fritos)

FRITOS® Taco Salad with FRITOS® Original Corn Chips

INGREDIENT	QUANTITY 100 servings	1 Serving
USDA Beef, ground, fine, 85/15 (110261)	16 lbs. + 12 oz.	2.68 oz.
USDA Cheese, cheddar, yellow, shredded (100012)	3 lbs. + 2 oz.	.5 oz.
USDA Black beans, canned (100368)	3 Gal. + 2 c.	1/2 c.
Mayonnaise, low sodium, low fat	3 Qts. + 1/2 c.	2 Tbsp.
Taco Sauce	3 Qts. + 1/2 c.	2 Tbsp.
Tomatoes, chopped	1 1/2 Gal.	1/4 c.
Lettuce, iceberg, chopped	12 1/2 Gal.	2 c.
Ketchup	1 Qt. + 7/8 c.	2 3/8 tsp.
Oregano (optional)	4 Tbsp.	1/8 tsp.
Chili powder (optional)	4 Tbsp.	1/8 tsp.
Pepper, black (optional)	3 1/4 tsp.	dash
FRITOS® Original Corn Chips	4 lbs. +11 oz.	.75 oz.

PREPARATION

1. In a large pot or skillet over high heat, brown ground beef.
2. Add ketchup, spices (optional) and black beans. Heat to 165°F and hold hot until needed.
3. To make dressing: Combine mayonnaise and taco sauce in a bowl. Whisk well to combine. Hold cold in the refrigerator until needed.
4. To serve, portion 2 cups lettuce into serving plate or bowl and top with 1/4 cup tomatoes.
5. Add 3/4 cup warm taco beef mixture and garnish with 1/2 oz. shredded cheese and 1/2 cup FRITOS® Original Corn Chips.
6. Serve immediately, alongside reserved taco sauce dressing.

Nutritional Facts Panel

Nutrition Facts	
1 Serving:	
Calories	545
Saturated Fat	8.1g
Sodium	631mg