



Recipe Name:	Fiesta Beef Breakfast Nachos
Category:	Breakfast Entree
Portion Size(s):	1 each
Meal Components:	2.5 oz eq M/MA; 2 oz eq grain; ¼ cup red/orange vegetable

Ingredients:	60 Portions	
	Weight	Measure
Ground beef, 85/15, frozen (USDA or Commercial)	10 lb	
Onion and herb seasoning blend, no salt added		1 ½ cups
Granulated garlic		¼ cup
Water, tap		2 cups
Scrambled eggs, cooked	1 lb 14 oz	
Tortilla chips, whole grain-rich (at least 2 oz eq grain)	7 lb 8 oz	
Salsa, tomato, low-sodium, canned (USDA or Commercial)		1 ¼ #10 cans OR 3 qts 3 cups
Lime juice, bottled or fresh		2 Tbsp
Cilantro, fresh, chopped		2 cups
Cumin, ground		1 Tbsp
Granulated garlic		2 Tbsp
Green onions, chopped		1 ¼ cup

Directions:

1. THAW GROUND BEEF AND EGGS: Thaw ground beef under refrigeration for 2-3 days before preparation. Thaw eggs under refrigeration for 1 day before preparation. CCP: Hold at 41°F or lower.
2. COOK GROUND BEEF: Brown ground beef in tilt skillet. Drain well. Add onion and herb seasoning blend, granulated garlic, and 2 cups water. CCP: Heat to 160°F for at least 15 seconds. Hold at 140°F or higher.
3. COOK EGGS:
 Steamer method: Place eggs in steamtable pan(s) and cover. Heat in steamer for 10-15 minutes or until product reaches 160° F.
 OR
 Oven method: Preheat oven to 350°F. Place eggs on sheet pan(s) prepared with parchment paper and non-stick spray. Cover with foil. Cook for 15-20 minutes or until product reaches 160°F.
 CCP: Heat to 160°F for at least 15 seconds. Hold at 140°F or higher.

4. SEASON SALSA: Add salsa, lime juice, cilantro, cumin, and granulated garlic to food processor. Pulse until ingredients are blended. CCP: Hold and serve at 41°F or lower.
5. SERVE: 2 oz eq tortilla chips topped with #8 scoop (2 oz wt) seasoned ground beef, #40 scoop, unpacked (1/2 oz wt) scrambled eggs, and #16 scoop salsa. Garnish with 1 tsp chopped green onions. Note: Cheese is optional. Not counted in meal pattern or nutrient analysis.

Nutrients Per One Serving (K-12):

Calories	482	kcal	Total Fat	23	g	Total Dietary Fiber	6	g	Vitamin C	13	mg
Saturated Fat	6	g	Trans Fat	2	g	Protein	20	g	Iron	2	mg
Sodium	360	mg	Cholesterol	91	mg	Vitamin A	604	IU			
Sugars	2	g	Carbohydrate	45	g	Calcium	93	mg			

Components Per One Serving (K-12):

Meat/Meat ALT	Grain	Vegetable(s)	Fruit	Milk
2.5 oz. eq.	2 oz. eq.	1/4 cups(s)	0 cup(s)	0 cup(s)

Vegetable Subgroups:

Dark Green	Red/Orange	Legumes	Starchy	Other
0 cups(s)	1/4 cups(s)	0 cups(s)	0 cup(s)	0 cup(s)

