***NR#40 Spinach and bean tacos- LOIS ELLEN FRANK***

***Serving Size and Ingredients: 3/4c (~1/4c beans, 1oz spinach, .5oz Queso fresco)***

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| **25 Servings** | **50 Servings** | **100 Servings** | **Ingredients** |
| 4 1/8 | 8 1/3 | 12 ½  | Roma tomato, diced |
| 4 1/8 | 8 1/3 | 12 1/2 | White onion, coarsely chopped |
| 4 1/8 | 8 1/3 | 12 1/2 | Garlic clove, minced |
| 33 1/3 ounces | 66 2/3 ounces | 100 ounces | Fresh spinach, coarsely chopped |
| 8 1/3 TBSP  | 1 cup | 1.5 cups | Olive Oil |
| 6 ¼ cups | 12 1/2cups | 18 3/4cups  | Pinto beans, low sodium |
| 1 1/8 tsp | 2 1/8 tsp | 3 1/8 tsp | Ground black pepper |
| 1 1/8 tsp | 2 1/8 tsp | 3 18 tsp | Kosher salt |
| 25 | 50 | 75 | Corn tortilla |
| 12 ½ ounces | 25 ounces | 37 1/2ounces | Queso fresco, crumbled  |
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***Instructions:***

**1. Add olive oil to medium sized frying pan over medium -high heat, until hot.**

**2. Add tomatoes, onion, and garlic and cook for 2 to 3 minutes, stirring constantly to prevent burning.**

**2. Add the chopped spinach and cook for another 2 minutes, then add cooked pinto beans, kosher salt and black pepper.**

**3. Cook for 2 minutes, stirring constantly to prevent burning.**

**4. Garnish with cheese in corn tortilla and .5oz queso Fresco,**

***NOTE: Wash and sanitize hands prior to and during the process of handling raw food and throughout meal preparation. Cook eggs served immediately, fish, shellfish, beef, lamb, veal, pork, corn beef and ham to an internal temperature of 145 degrees for 15 seconds; ground meat, ground fish, meat mixtures and eggs cooked and held for service to 155 degrees for 15 seconds; chicken, turkey, soups, stews, dressing, casseroles, mixed dishes, stuffed meat, stuffed poultry, stuffed fish, stuffed pasta and leftovers to 165 degrees for 15 seconds; all other food items should be cooked to 140 degrees for 15 seconds. All hot food should be held at 140 degrees F or hotter until service.***