



BERNARD



LOT# 1058531

DIRECTIONS TO PREPARE 20 POUNDS FINISHED TACO FILLING
FOR 114 TACO SHELLS - PORTION: #12 SCOOP (1/3 CUP) PER SHELL*

DIRECTIONS:

1. BRAISE 10# GROUND BEEF UNTIL CRUMBLY. POUR OFF EXCESS FAT.
(IF USING PRE-COOKED GROUND MEAT USE 8 LBS.)
2. ADD 1 & 1/2 GALLONS (6 QUARTS) COLD WATER & TEX-PRO TACO FILLING MIX.
STIR WELL. BRING TO SLOW BOIL. SIMMER COVERED 5 MINUTES. STIR
FREQUENTLY TO PREVENT SCORCHING.
3. USING A #12 SCOOP, FILL HOT CORN OR FLOUR TORTILLAS OR TACO SHELLS WITH
TEX-PRO TACO FILLING MIX. TOP WITH #16 SCOOP OF SHREDDED LETTUCE OR
COMBINATION OF SHREDDED LETTUCE, TOMATOES & ONIONS. SHREDDED CHEESE
MAY BE ADDED ON TOP OF VEGETABLES.

SERVE WITH BERNARD INSTANT NACHO CHEESE SAUCE MIX OR SALSA SEASONING ON
THE SIDE FOR THOSE WHO LIKE A SPICIER TACO.

*EACH FILLED TACO PROVIDES 1 & 1/2 OZ EQUIVALENT COOKED MEAT/MEAT ALTERNATE
(.5 OZ HYDRATED TVP AND 1 OZ COOKED MEAT) & 1/4 CUP VEGETABLE FOR THE

CHILD NUTRITION MEAL PATTERN REQUIREMENTS.

THE CONTENTS OF THIS POUCH PROVIDE 23 & 3/4 OZ OF TEXTURED VEGETABLE PROTEIN
TO BE USED WITH 10# UNCOOKED GROUND BEEF. 23 & 3/4 OZ OF TEXTURED VEGETABLE
PROTEIN HYDRATES TO 4 LBS 4 OZ.

NUTRITIONAL INFORMATION

SERVING SIZE.....1/3 CUP PREPARED (13g MIX ALONE)

SERVINGS PER CONTAINER.....114

AMOUNT PER SERVING:	MIX ALONE	1/3 CUP PREPARED
CALORIES.....	45.....	100
CALORIES FROM FAT.....	10.....	40
TOTAL FAT.....	1.5g.....	4g
SATURATED FAT.....	.0g.....	2g
TRANS FAT.....	.0g.....	.0g
CHOLESTEROL.....	.0mg.....	20mg
SODIUM.....	250mg.....	260mg
TOTAL CARBOHYDRATE.....	6g.....	6g
DIETARY FIBER.....	1.5g.....	1.5g
SUGARS.....	1.5g.....	1.5g
PROTEIN.....	3.5g.....	11g
VITAMIN A.....	440 IU.....	440 IU
VITAMIN C.....	1mg.....	1mg
CALCIUM.....	30mg.....	30mg
IRON.....	0.5mg.....	1.4mg

BERNARD FOOD INDUSTRIES, INC.

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