

Fiesta Beef Breakfast Nachos

Category	Breakfast Entree
Total Portions	60
Portion Size(s)	1 each
Meal Components	2.5 oz eq M/MA; 2 oz eq grain; ¼ cup red/orange vegetable



INGREDIENTS

Ground beef, 85/15, frozen
(USDA or Commercial)
Onion & herb seasoning blend,
no salt added
Granulated garlic
Water, tap
Scrambled eggs, cooked
Tortilla chips, whole grain-rich
(at least 2 oz eq grain)
Salsa, tomato, low-sodium, canned
(USDA or Commercial)

Lime juice, bottled or fresh
Cilantro, fresh, chopped
Cumin, ground
Granulated garlic
Green onions, chopped

WEIGHT

10 lb

1 lb 14 oz

7 lb 8 oz

MEASURE

1 ½ cups

¼ cup

2 cups

1¼ #10 cans

OR 3 qts

3 cups

2 Tbsp

2 cups

1 Tbsp

2 Tbsp

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



Funded by the Beef Checkoff