



BIRRIA TACOS

PORTION
SIZE:
2 TACOS

| Ingredients (yields 50 servings) | Quantity |
|--|--------------|
| JENNIE-O® Turkey Shredded Barbacoa, 131053, 4/5# | 10 lb. 5 oz. |
| Whole Grain Tortilla, 6" | 100 |
| Oregano, ground | 2 Tbsp. |
| Cumin | 2 Tbsp. |
| White onion, chopped | 1 qt., 2¼ c. |
| Cilantro, fresh | 8 oz. |

Directions

1. Prepare turkey barbacoa by one of the following methods: bake, boil, combi heat or sear.
 2. Once meat has been heated and broken up into shreds and juices, add cumin and oregano.
 3. Allow the turkey meat and spices to simmer for 20 to 25 minutes.
 4. Preheat oven to 375°F.
 5. Using tongs, dunk each tortilla into the juices with the barbacoa meat to coat and lay flat on a sheet pan.
 6. Place 1.5 oz. of barbacoa in each tortilla.
 7. Place 1 tablespoon of diced onion into each tortilla with the meat.
 8. When the sheet pan is full of filled tacos, place in the oven and bake for 6 to 8 minutes or until slightly crispy.
 9. Place two tacos into serving vessel and top with cilantro.
- Offer each student two (2) birria tacos to provide 2.0 oz. equivalent meat/meat alternate and 2.0 oz. equivalent whole grain, and 1/8 c. vegetable, other.

Turkey Barbacoa (2.96 oz.) = 2 oz. of Meat/Meat Alternate
Whole Grain Tortilla (2 each): 2 oz. eq. Whole Grain Rich (Exhibit A: Grain Requirements For Child Nutrition Programs, Group H: 28g/1.0 oz. = 1 oz. eq.)
Onion (1/8 c.): 0.125 c. Vegetable, Other (per FBG)

For preparation by a food preparation establishment only, according to the food code or equivalent.

*Indicates missing Nutrient Information.

Nutrients Per Serving

| | | | | | |
|---------------|---------|---------------|--------|-----------|---------|
| Calories | 258 cal | Sodium | 751 mg | Iron | 2 mg* |
| Fat | 8 g | Potassium | 503 g* | Calcium | 28 mg |
| Saturated Fat | 3 g | Carbohydrates | 30 g | Vitamin A | 4 iu* |
| Trans Fat | 0 g | Dietary Fiber | 4 g | Vitamin C | 0.9 mg* |
| Cholesterol | 61 mg | Protein | 20 g | Vitamin D | 0 mcg* |

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