Taco Seasoning Mix

A perfect blend of spices, that when combined with water and ground beef, provides a unique "south of the border" taste at a very economical price. A great alternative to high priced processed taco meats.

Basic Recipe Ingredients:

- 1 pouch Gage Taco Seasoning Mix
- 16 lbs Cooked and Drained Ground Beef
- 3 qts Water

Basic Recipe Directions:
STOVETOP OR STEAMKETTLE METHOD:

1. In a suitable container combine ground beef, water, and seasoning mix.
2. Simmer together for 15-20 minutes.
3. Serve hot.

Packaged Serving (grams): 4.5 g
Finished Serving (Volume): 1/4 cup
Finished Serving (oz): 3 oz
Recipe Yield (per Can): 113
Case Yield: 1356
Kosher: Pareve

Ingredient Statement:
Spices, enriched flour [(wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid), malted barley flour, and potassium bromate], salt, maltodextrin, corn syrup solids, dehydrated onion, cocoa, citric acid, dehydrated garlic, and FD&C Red #40.

Nutrition Facts

	Taco Seasoning, As Packaged		As Prepared with Ground Beef and Water	
Serving Size	(4.5g)		3 oz (86g)	
Servings Per Container 113	113		113	
Amount Per Serving				
Calories	15		160	
Calories from Fat	0		80	
		% Daily Value*		% Daily Value*
Total Fat	0g	0%	9g	14%
Saturated Fat	0g	0%	3.5g	18%
Trans Fat	0g		0.5g	
Cholesterol	0mg	0%	50mg	17%
Sodium	270mg	11%	320mg	13%
Total Carbohydrate	3g	1%	3g	1%
Dietary Fiber	1g	4%	1g	4%
Sugars	0g		0g	
Protein	0g		16g	
Vitamin A	6%		6%	
Vitamin C	2%		2%	
Calcium	0%		2%	
Iron	2%		10%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram
Fat 9 • Carbohydrate 4 • Protein 4