

# Nachos

	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Ground turkey	2 1/2 lb		5 lb		1. Brown ground turkey, taking care not to scorch. When almost done, add soy burger bits and cook until meat is cooked through. Drain and return browned turkey to pan.
Textured Soy Protein granules, dry	10.5 oz	3 cups	21 oz	6 cups	2. Add the dry TSP granules, water, salsa, chili powder, cumin, oregano, and onion powder. Stir well simmer about 15 minutes. <b>CCP: Hold for service at 140°F or higher.</b>
Water		1 1/2 qts		3 qts	
Salsa, medium hot		1 qt		2 qts	
Chili powder		2 Tbsp + 2 tsp		1/4 cup + 4 tsp	
Ground cumin		2 Tbsp + 2 tsp		1/4 cup + 4 tsp	
Oregano, dry leaves		1 Tbsp + 1 tsp		2 Tbsp + 2 tsp	
Onion powder		1 Tbsp + 1 tsp		2 Tbsp + 2 tsp	
Enriched taco shell pieces	25 oz		50 oz		3. Put 1 oz taco pieces on plate; top each serving with ground meat and 1/4 cup cheese sauce.
Prepared cheese sauce		6 1/4 cups		3 qts + 1/2 cup	

**Nutritional Information (per serving):** 370 calories, 19 g protein, 40 g carbohydrate, 15 g fat (5.4 g saturated), 5.5 g fiber, 1728 mg sodium

*The National Soybean Research Laboratory, located at the University of Illinois, promotes soybean research, education and outreach in the areas of production, nutrition and international development. Visit our websites to learn more about cooking with soy at home and in food service: [www.nsrl.illinois.edu](http://www.nsrl.illinois.edu)*