

# Ranchero Bean Tacos Main Dish

**Serving Size** 2 Tacos

## Ingredients

Yellow onions, diced

Vegetable oil

Kidney beans, rinsed, drained, lightly mashed

Pinto beans, rinsed, drained

Chili powder

Ground cumin

Garlic powder

Onion powder

Black pepper, ground

Cheddar cheese, reduced fat, shredded

Monterey Jack cheese, shredded

Whole grain corn tortillas, 6-inch

Lettuce, shredded

Salsa

Sour cream, reduced fat

	48 Servings		96 Servings	
	Weight	Measure	Weight	Measure
	1 lb	1 qt	2 lbs	2 qts
	--	2 tbsp	--	¼ cup
	4 lbs 8 oz	3 qts	9 lbs	6 qts
	4 lbs 8 oz	3 qts	9 lbs	6 qts
	--	¼ cup	--	½ cup
	--	2 tsp	--	¼ cup
	--	1 tsp	--	2 tsp
	--	1 tsp	--	2 tsp
	--	1 tsp	--	2 tsp
	2 lbs	2 qts	4 lbs	1 gallon
	1 lb	1 qt	2 lbs	2 qts
	--	96 each	--	192 each
	--	1 ½ gallons	--	3 gallons
	--	1 ½ qts	--	3 qts
	--	1 ½ qts	--	3 qts

## Directions

Spray 2-inch full-size steamtable pans with pan-release spray. For 48 servings use 2 pans, for 96 servings use 4 pans. Set aside.

In a large sauté pan sauté the onions in oil until tender, about 5 minutes.

Combine the sautéed onions, kidney beans, pinto beans, chili powder, ground cumin, garlic powder, onion powder, black pepper, cheddar cheese and Monterey jack cheese. Divide evenly between the prepared steamtable pans.

Cover and bake in a preheated 350°F oven until the internal temperature reaches 165°F for 15 seconds, about 30-45 minutes.

To serve use a #16 disher to scoop ¼ cup of the bean and cheese mixture onto each tortilla. Top each taco with ¼ cup lettuce, and serve with 1 tablespoon each of sour cream and salsa.



## Components

**Meat/Meat ALT** 3 oz eq

**Grains** 2 oz eq

**Vegetable** ¾ cup (½ cup other, ¼ cup red/orange)

## Nutrients Per Serving

**Calories** 528

**Total Fat** 13.07 g

**Saturated Fat** 5.7 g

**Cholesterol** 28.07 g

**Carbohydrate** 78.3 g

**Dietary Fiber** 13.27 g

**Protein** 22.14 g

**Sodium** 553.74 mg

**Iron** 3.33 mg

**Calcium** 378.64 mg

**Vitamin A** 630.9 IU

**Vitamin C** 3.91 mg

**BEANS: Simply Delicious, Naturally Nutritious**

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