

# Recipe

## Totchos

### What You Need:

- Kettle Cooked Taco Meat
- 2 (5# bags = 50/3.00 oz servings = 2 oz Meat/Meat Alternate)
- 10 lb reduced-fat, oven-baked tater tots
- (creditable starchy veg)

### Handling & Heating Instructions:

- 2 Bags Kettle Cooked Taco Meat
- Boil-in-Bag Heating Instructions
- Place frozen or thawed bag in boiling water
- Frozen – 1 hr. 15 min. on medium-high heat
- Thawed – 40 min. on medium-high heat
- Heat Tater Tots to Manufactures Instructions

### Toppings:

- 5 lb reduced-fat shredded cheddar or Mexican-blend cheese
- 1 gallon salsa (¼ cup portions credit as vegetable)
- 5 lb seasoned black beans or refried beans
- (¼ cup = legume veg + M/MA)
- Shredded lettuce or diced tomatoes (optional)
- Individual hot sauce packets (optional)

### Totchos Assembly:

- Start with ¼ cup baked tater tots
- Top with 3.00 oz scoop beef taco meat
- Sprinkle 1 oz reduced-fat cheese
- Add ¼ cup beans or salsa for additional veg credit
- Finish with lettuce or tomatoes if desired

