

Mashed Potato Taco Bowl- Basic American x Integrated x Affinity

General Information

Recipe #	Category	Source
2132729	Lunch Entree	Local

Ingredients

Name	Quantity +	Quantity
Potatoes, Mashed, Pearls, Butter, Reduced Sodium, Excel, 12/28oz, 21#, Basic American Foods, 10799	1 bag, dry	
Salsa, Mild, Nutritionally Enhanced, Canned, 6/103oz, 38.63#, Red Gold, REDSC99	2 qt., 1 pt.	
Cheese, Cheddar, Yellow, Shredded, Fancy, 4/5#, Bongards, 755121	2 qt., 1 pt.	
Integrated Fully Cooked Beef Birria - 8/5#	3 lbs., 2 oz.	

Preparation Instructions

Birria Preparation-

Thawing Instructions: For best results, thaw in the refrigerator at least 48 hours for single bag units, or up to 72 hours for multiple bag units in a box. DO NOT thaw at room temperature.

Method 1 – Boil-in-Bag

Place frozen or thawed bag(s) of product into a large pot and add enough water to fully cover the bag(s). Bring to a boil on high heat, then reduce to medium-high heat. Heat until internal temperature reaches 165°F, as measured by an instant read thermometer. Remove from water. Cut open bag and pour package contents into desired serving pan and serve.

Method 2 – Foodservice Compartment Steamer or Combi Oven (Steam Mode)

Place frozen or thawed bag of product into a steam pan and place in steamer. Steam until internal temperature reaches 165°F, as measured by a meat thermometer. Remove from steamer. Cut open bag and pour package contents into desired serving pan and serve.

Mashed Potato Preparation-

Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve. Tip: Mix by hand or prepare in a mixer.

Compose Bowl-



Birria and Mash Taco Bowl

Serving Size	Yield
1 ea	40.00

Nutrition Facts

Serving Size 1 ea (141 gm)

Amount Per Serving	
Calories	200.641
% Daily Value*	
Total Fat 10.019gm	15.415%
Saturated Fat 5.005 gm	25.024%
Trans Fat 0.000 gm	
Cholesterol 30.078 mg	10.026%
Sodium 441.594 mg	18.4%
Total Carbohydrate 19.083 gm	6.361%
Dietary Fiber 3.008 gm	12.031%
Total Sugars 2.000 gm	
Includes 0.000 gm of Added Sugars	
Protein 8.035 gm	16.07%
Vitamin A 0.039*	0.004%
Vitamin C 0.002*	0.003%
Vitamin D 0.200	1%
Calcium 182.097	18.21%
Iron 0.304	1.69%
Potassium 572.677	12.185%
Saturated Fat % of Calories	22.450 %
Added Sugar % of Calories	0.000 %

* Indicates missing Nutrient Information.

^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000

1. Assemble each bowl with:

- 4 oz prepared mashed potatoes
- Shredded cheddar cheese 1oz
- Prepared beef birria 1.25oz
- ¼ cup mild salsa

2. Serve immediately or maintain at 135°F or above until service

Dates

Last Updated
09-23-2026

Created
06-17-2026

calories a day is used for general nutrition advice.

Meal Components

Component	Measurement
Meat/Meat Alternates	2 oz
Red/Orange	0.25 cups
Starchy	0.5 cups

Allergens

Milk

Added Sugar Limitations

Not applicable.

Vendors

Basic American Foods 

Bongards Premium Cheese 

Red Gold 