

# Beef and Bean Tamale Pie

Meal Components: Vegetable - Red / Orange, Vegetable - Other, Grains, Meat / Meat Alternate

Main Dishes, D-15A

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 15% fat)	2 lb 10 oz		5 lb 4 oz		<ol style="list-style-type: none"> <li>1. Brown ground beef. Drain. Continue immediately.</li> <li>2. Add pinto beans, onions, granulated garlic, pepper, tomato paste, tomatoes, water, and seasonings. Blend well. Bring to boil. Reduce heat and simmer for 20-25 minutes. CCP: Heat to 155° F for at least 15 seconds.</li> </ol>
Canned low-sodium pinto beans, drained, rinsed, coarsely chopped	5 lb 13 oz	3 qt 1 cup (1 1/3 No. 10 cans and 1/2 cup)	11 lb 10 oz	1 gal 2 1/2 qt (2 2/3 No. 10 cans and 1 cup)	
OR	OR	OR	OR	OR	
* Dry pinto beans, cooked, coarsely chopped (see Special Tips)	5 lb 13 oz	3 qt	11 lb 10 oz	1 gal 2 qt	
*Fresh onions, chopped	14 oz	2 1/3 cups	1 lb 12 oz	1 qt 2/3 cup	
OR	OR	OR	OR	OR	
Dehydrated onions	2 1/2 oz	1 1/4 cups	5 oz	2 1/2 cups	
Granulated garlic		2 Tbsp		1/4 cup	
Ground black or white pepper		1 1/2 tsp		1 Tbsp	
Canned low-sodium tomato paste	1 lb 12 oz	3 cups 2 Tbsp (1/4	3 lb 8 oz	1 qt 2 1/4 cups (1/2	

Canned low-sodium diced tomatoes, with juice	3 lb 3 oz	1 qt 2 1/4 cups (1/2 No. 10 can)	6 lb 6 oz	3 qt 1/2 cup (1 No. 10 can)	
Water		1 qt 1 cup		2 qt 2 cup	
Chili powder		1/4 cup		1/2 cup	
Ground cumin		3 Tbsp		1/4 cup 2 Tbsp	
Paprika		1 Tbsp		2 Tbsp	
Onion powder		1 Tbsp		2 Tbsp	
					<b>3.</b> Pour 7 lb 13 oz (3 qt 2 cups) mixture into each steamtable pan (12" x 20" x 2 1/2"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. Set aside for step 6.
Whole wheat/enriched blend flour	1 lb	3 3/4 cups	2 lb	1 qt 3 1/2 cups	<b>4.</b> For cornbread topping: Blend flour, cornmeal, sugar, baking powder, and salt in mixer for 1 minute on low speed.
Whole grain-rich cornmeal	1 lb	3 3/4 cups	2 lb	1 qt 3 1/2 cups	
Sugar	3 1/2 oz	1/2 cup	7 oz	1 cup	
baking powder		2 Tbsp	2 oz	1/4 cup	

Frozen whole eggs, thawed	6 oz	3/4 cup	12 oz	1 1/2 cups	<p><b>5.</b> In a separate bowl, mix eggs, milk, and oil. Add to dry ingredients. Blend 2-3 minutes on medium speed until dry ingredients are moistened. Batter will be lumpy.</p>
OR		OR		OR	
Fresh large eggs (see Special Tip)		4 each		7 each	
Instant nonfat dry milk, reconstituted		3 3/4 cups		1 qt 3 1/2 cups	
Vegetable oil		1/2 cup		1 cup	<p><b>6.</b> Pour 2 lb 5 oz (1 qt 1/2 cup) batter over meat mixture in each pan and spread into corners of pan.</p> <p><b>7.</b> Bake: Conventional oven: 400° F for 30-35 minutes Convection oven: 350° F for 25-30 minutes CCP: Heat to 165° F or higher for at least 15 seconds.</p>
Reduced fat cheddar cheese, shredded	1 lb 10 oz	1 qt 2 1/2 cups	3 lb 4 oz	3 qt 1 cup	<p><b>8.</b> Sprinkle 13 oz (3 1/4 cups) cheese over cornbread in each pan.</p> <p><b>9.</b> CCP: Hold for hot service at 135° F or higher. Cut each pan 5 x 5 (25 portions per pan).</p> <p><b>10.</b> If desired, serve with taco sauce</p>



**Serving:**

Legume as Vegetable: 1 1/4 oz equivalent meat/meat alternate, 1/4 cup legume vegetable, 1/4 cup red/orange vegetable, 1/8 cup other vegetable, and 1 oz equivalent grains. Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

**Comments:**

\*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use 1/2 cup 1 Tbsp Mexican Seasoning Mix. For 100 servings, use 1 cup 2 Tbsp Mexican Seasoning Mix.

**Special Tips:**

1) For 50 servings, use 2 oz ( 1/2 cup) dried whole eggs and 1/2 cup water in place of eggs.

For 100 servings, use 3 1/2 oz (1 1/4 cups) dried whole eggs and 1 1/4 cups water in place of eggs.

**2) SOAKING BEANS**

Overnight method: Add 1 3/4 qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with cooking beans.

Quick-soak method: Boil 1 3/4 qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with cooking beans.

**COOKING BEANS**

Once the beans have been soaked, add 1/2 tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

CCP: Hold for hot service at 135° F.

OR

Chill for later use.

CCP: Cool to 70° F within 2 hours and to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans = about 2 1/2 cups dry or 5 1/4 cups cooked pinto beans.

**A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.**

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Mature onions	1 lb	3 lb 10 oz
Dry pinto beans	2 lb 5 oz	4 lb 10 oz

Serving	Yield	Volume
1 portion provides: Legume as Meat Alternate: 2 1/4 oz equivalent meat/meat alternate, 1/4 cup red/orange vegetable, 1/8 cup other vegetable, and 1 oz equivalent grains. OR Legume as Vegetable: See Notes	<b>50 Servings:</b> about 17 lb 15 1/2 oz	<b>50 Servings:</b> 2 steamtable pans
	<b>100 Servings:</b> about 35 lb 15 oz	<b>100 Servings:</b> 4 steamtable pans