



Beef and Bean Tamale Pie

USDA Recipe for CACFP

A savory mixture of lean ground beef and pinto beans—combined with diced tomatoes, corn, cheese, and Mexican spices—is topped with a sweet cornbread crust and baked.

CACFP CREDITING INFORMATION

1 piece provides

Legume as Meat Alternate: 1.5 oz equivalent meat/meat alternate, ½ cup vegetable, and 1.0 oz equivalent grains.

OR

Legume as Vegetable: 1.0 oz equivalent meat/meat alternate, ⅝ cup vegetable, and 1.0 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Garlic powder		1 Tbsp		2 Tbsp	1 Combine all spices in a bowl. Stir well.
Black pepper, ground		¾ tsp		1½ tsp	
Chili powder		2 Tbsp		¼ cup	
Cumin, ground		1 Tbsp 1½ tsp		3 Tbsp	
Paprika		1½ tsp		1 Tbsp	
Onion powder		1½ tsp		1 Tbsp	2 Place ground beef and half of spices in a medium stock pot. Heat over medium–high heat uncovered for 5–8 minutes. Stir often until meat is well done.
Ground beef, raw (no more than 15% fat)	1 lb 4 oz	2½ cups	2 lb 8 oz	1 qt 1 cup	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					3 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					4 Remove beef from heat. Drain beef in a colander. Set aside for step 7.
Pinto beans, canned, low-sodium, drained, rinsed, coarsely chopped	2 lb 13½ oz	1 qt 2¼ cups (⅔ No. 10 can)	5 lb 11 oz	3 qt ½ cup (1⅓ No. 10 cans)	5 Return pot back to heat. Add pinto beans, onions, peppers, corn, cilantro, and remaining spices. Stir for 30 seconds.
OR					
Pinto beans, dry, cooked (see Notes)	2 lb 13½ oz	1 qt 2¼ cups	5 lb 11 oz	3 qt ½ cup	
*Onions, fresh, chopped	7 oz	1⅓ cups	14 oz	2⅔ cups	
*Green bell peppers, fresh	6 oz	1⅛ cups	12 oz	2¼ cups	
*Red bell peppers, fresh	6 oz	1⅛ cups	12 oz	2¼ cups	
Corn, frozen	11 oz	2 cups	1 lb 6 oz	1 qt	
Cilantro, fresh, chopped	1 oz	1¾ cups	2 oz	3½ cups	
Water		2½ cups		1 qt 1 cup	6 Add water. After 1 minute, reduce heat to low.
Tomato paste, canned, no-salt-added	14 oz	1½ cups (⅙ No. 10 can)	1 lb 12 oz	3 cups (¼ No. 10 can)	7 Add tomato paste, diced tomatoes, and drained ground beef. Stir well. Simmer uncovered over low heat for 10–15 minutes.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Tomatoes, canned, diced, no-salt-added, undrained	1 lb 10 oz	3 cups 2 Tbsp (1/4 No. 10 can)	3 lb 4 oz	1 qt 2 1/4 cups (1/2 No. 10 can)	
					8 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					9 If desired, prepare ground beef mixture ahead and refrigerate overnight.
Cheddar cheese, reduced-fat, shredded	12 oz	3 cups	24 oz	1 qt 2 cups	10 Fold cheese into beef and bean mixture.
					11 Pour 1 gal (about 9 lb 8 oz) of mixture into each steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					12 Set aside for step 17.
					13 Critical Control Point: Cool to 40 °F or lower within 4 hours, if using next day.
Whole-wheat flour	8 oz	1 1/2 cups	1 lb	3 cups	14 For cornbread topping: Combine flour, cornmeal, sugar, baking powder, and salt in a commercial mixer (batch as needed). Using a paddle attachment, mix for 1 minute on low speed.
White whole-grain cornmeal	8 oz	1 1/4 cups	1 lb	2 1/2 cups	
Sugar	3 oz	1/3 cup 2 Tbsp	6 oz	1 cup	
Baking powder		1 Tbsp 1 tsp		1/4 cup	
Salt		3/4 tsp		1 1/2 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Frozen whole eggs, thawed	3 oz	1/3 cup	6 oz	2/3 cup	15 Combine eggs, milk, and oil in a large bowl. Stir well. Add egg mixture to dry ingredients. Mix until dry ingredients are moistened. DO NOT OVERMIX. For 25 servings, mix for 1–2 minutes on medium speed. For 50 servings, mix for 2–3 minutes on medium speed.
Nonfat milk		1 3/4 cups		3 1/2 cups	
Canola oil		1/4 cup		1/2 cup	
					16 Cool meat mixture slightly before pouring batter on top.
					17 Pour 2 lb 4 oz (3 3/4 cups) batter over cooled meat mixture in each pan and spread into corners of pan.
					18 Bake until lightly browned: Conventional oven: 400 °F for 30–35 minutes. Convection oven: 350 °F for 20–25 minutes.
					19 Critical Control Point: Hold for hot service at 140 °F or higher.
					20 Remove from oven. Cool for 10 minutes.
					21 Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (about 2 3/8" x 4").

NUTRITION INFORMATION

For 1 piece.

NUTRIENTS	AMOUNT
Calories	270
Total Fat	8 g
Saturated Fat	3 g
Cholesterol	36 mg
Sodium	388 mg
Total Carbohydrate	35 g
Dietary fiber	6 g
Total Sugars	8 g
Added Sugars included	N/A
Protein	15 g
Vitamin D	13 IU
Calcium	219 mg
Iron	3 mg
Potassium	567 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	8 oz	1 lb
Green bell peppers	8 oz	1 lb
Red bell peppers	8 oz	1 lb

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #3: Complex Food Preparation.

How to Cook Dry Beans

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1¾ 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 recipe.

COOKING BEANS

Once the beans have been soaked, add 1¾ qt water for every 1 lb of dry beans.

Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 140 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

1 lb dry pinto beans = about 2⅔ cups dry or 5¼ cups cooked beans.

YIELD/VOLUME

25 Servings	50 Servings
About 9 lb 11 oz	About 19 lb 6 oz
About 1 gal 3½ cups/1 steam table pan (12" x 20" x 2½")	About 2 gal 1 qt 3 cups/2 steam table pans (12" x 20" x 2½")