



Chicken or Turkey Tamale Pie

USDA Recipe for CACFP

Chicken or Turkey Tamale Pie consists of chicken or turkey combined with tomato paste, vegetables, and spices topped with a whole-grain cornbread and baked.

CACFP CREDITING INFORMATION
 1 piece provides 2 oz equivalent meat/meat alternate, ½ cup vegetable, and 1 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canola oil		2 tsp		1 Tbsp 1 tsp	1 In a large stock pot combine oil and onions. Sauté over medium–high heat uncovered for 2 minutes. Stir well. 2 Add chicken/turkey, corn, black beans, tomato paste, diced tomatoes, water, cilantro, bay leaves, and spices to cooked onions. Stir well. Bring to a boil. Reduce heat to low and simmer uncovered for 15 minutes, stirring occasionally.
*Onions, fresh, ¼" diced	7 oz	1⅓ cups	14 oz	2⅔ cups	
Chicken (cooked, frozen), thawed, ½" diced	2 lb 6 oz	2 qt ¼ cup	4 lb 12 oz	1 gal ½ cup	
OR					
Turkey (cooked, frozen), thawed, ½" diced	2 lb 6 oz	2 qt ¼ cup	4 lb 12 oz	1 gal ½ cup	
Corn, frozen	11 oz	2 cups	1 lb 6 oz	1 qt	

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	Weight	Measure	Weight	Measure	
Black beans, canned, low-sodium, drained, rinsed	6 oz	$\frac{2}{3}$ cup	12 oz	1 $\frac{1}{3}$ cups	
OR					
Black beans, dry (see Notes)	6 oz	$\frac{2}{3}$ cup	12 oz	1 $\frac{1}{3}$ cups	
Tomato paste, canned, no-salt-added	14 oz	1 $\frac{1}{2}$ cups ($\frac{1}{8}$ No. 10 can)	1 lb 12 oz	3 cups ($\frac{1}{4}$ No. 10 can)	
Tomatoes, diced, canned, no-salt-added, undrained	1 lb 10 oz	3 cups 2 Tbsp ($\frac{1}{4}$ No. 10 can)	3 lb 4 oz	1 qt 2 $\frac{1}{4}$ cups ($\frac{1}{2}$ No. 10 can)	
Water		2 $\frac{1}{2}$ cups		1 qt 1 cup	
Cilantro, fresh, finely chopped	1 oz	1 $\frac{3}{4}$ cups	2 oz	3 $\frac{1}{2}$ cups	
Bay leaves, dry		1 each		2 each	
Garlic powder		1 Tbsp		2 Tbsp	
Salt		$\frac{1}{2}$ tsp		1 tsp	
Black pepper, ground		$\frac{3}{4}$ tsp		1 $\frac{1}{2}$ tsp	
Chili powder		$\frac{1}{8}$ cup		$\frac{1}{4}$ cup	
Cumin, ground		1 Tbsp 1 $\frac{1}{2}$ tsp		3 Tbsp	
Paprika		1 $\frac{1}{2}$ tsp		1 Tbsp	
Onion powder		1 $\frac{1}{2}$ tsp		1 Tbsp	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					3 Turn off heat. Remove bay leaves.
					4 If desired, prepare chicken mixture ahead and refrigerate overnight.
					5 Critical Control Point: Heat to 165 °F for at least 15 seconds.
Cheddar cheese, reduced-fat, shredded	10 oz	2½ cups	1 lb 4 oz	1 qt 1 cup	6 Fold cheese into chicken mixture.
					7 Pour 3 qt 2 cups (about 8 lb) mixture into each steam table pan (12" x 20" x 2½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					8 Set aside for step 13.
					9 Critical Control Point: Cool to 40 °F or lower within 4 hours.
Flour, whole-wheat	8 oz	1½ cups	1 lb	3 cups	10 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.
Cornmeal, white whole-grain	8 oz	1¼ cups	1 lb	2½ cups	
Sugar	3 oz	⅓ cup 2 Tbsp	6 oz	1 cup	
Baking powder		1 Tbsp 1 tsp		¼ cup	
Salt		¾ tsp		1½ tsp	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Eggs (whole, frozen), thawed	3 oz	1/3 cup	6 oz	2/3 cup	11 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.
Milk, nonfat		1 3/4 cups		3 1/2 cups	
Canola oil		1/4 cup		1/2 cup	
					12 Cool meat mixture slightly before pouring batter on top.
					13 Pour 2 lb 4 oz (3 3/4 cups) batter over cooled meat mixture in each pan and spread into corners of pan.
					14 Bake until lightly browned: Conventional oven: 400 °F for 30–35 minutes. Convection oven: 350 °F for 20–25 minutes.
					15 Critical Control Point: Hold for hot service at 140 °F or higher.
					16 Remove from oven. Cool for 10 minutes.
					17 Portion: Cut each pan 5 x 5 (25 pieces per pan).



NUTRITION INFORMATION

For 1 piece.

NUTRIENTS	AMOUNT
Calories	238
Total Fat	8 g
Saturated Fat	2 g
Cholesterol	48 mg
Sodium	421 mg
Total Carbohydrate	25 g
Dietary Fiber	3 g
Total Sugars	7 g
Added Sugars included	N/A
Protein	16 g
Vitamin D	12 IU
Calcium	170 mg
Iron	1 mg
Potassium	198 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

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

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 black beans = about 2¼ cups dry or 4½ cups cooked beans.

YIELD/VOLUME

25 Servings	50 Servings
About 10 lb	About 20 lb
About 1 gal 1 qt/1 steam table pan (12" x 20" x 2½")	About 2 gal 2 qt/2 steam table pans (12" x 20" x 2½")

