



Taco Pie With Beans

USDA Recipe for CACFP

Taco Pie With Beans consists of pinto beans combined with salsa, tomato purée, fresh bell peppers, brown rice, and spices, which are topped with cheese and then baked.

CACFP CREDITING INFORMATION

1 piece provides

Legume as Meat Alternate: 1.25 oz equivalent meat alternate, ¼ cup vegetable, and 1.5 oz equivalent grains.

OR

Legume as Vegetable: 0.25 oz equivalent meat alternate, ½ cup vegetable, and 1.5 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		1 qt 1 cup		2 qt 2 cups	1 Boil water.
Rice, brown, long grain, regular, dry, parboiled	1 lb 9 oz	1 qt	3 lb 2 oz	2 qt	2 Place 1 qt brown rice (1 lb 9 oz) in each steam table pan (12" x 20" x 2½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					3 Pour boiling water (1 qt 1 cup per steam table pan) over brown rice. Stir. Cover pans tightly.
					4 Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes. Steamer: 5 lb pressure for 25 minutes.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					5 Remove cooked rice from oven and let stand covered for 5 minutes. Stir rice.
					6 Critical Control Point: Heat to 140 °F or higher.
					7 Critical Control Point: Hold for hot service at 140 °F or higher.
					8 Set aside for step 11.
*Onion, red, fresh, chopped	7 oz	1 1/3 cups 1 Tbsp	14 oz	2 2/3 cups 2 Tbsp	9 Add onions, peppers, chili powder, cumin, paprika, onion powder, 1 Tbsp ancho chili powder, and water to a large stock pot. Heat uncovered over medium–high heat for 2–3 minutes, stirring occasionally. Set remaining ancho chili powder aside for step 13.
*Bell pepper, red, fresh, chopped	7 oz	1 1/3 cups	14 oz	2 2/3 cups	10 Recommended to cook vegetable mixture in batches of 25. Set aside for step 12.
Chili powder		1 Tbsp		2 Tbsp	
Cumin, ground		2 1/4 tsp		1 Tbsp 1 1/2 tsp	
Paprika, ground		3/4 tsp		1 1/2 tsp	
Onion powder		3/4 tsp		1 1/2 tsp	
Ancho chili powder		2 Tbsp		1/4 cup	
OR					
Mexican seasoning mix (see Notes)		2 Tbsp		1/4 cup	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		1¼ cups		2½ cups	11 Pour 1 qt 2 cups (about 2 lb) cooked rice into a food processor on medium speed for 2–3 minutes or until rice has a smooth consistency. DO NOT OVERMIX. Set remaining rice aside for step 12.
Pinto beans, canned, rinsed, drained	4 lb 3½ oz	2 qt 1⅓ cups 1⅓ tsp (about 1 No. 10 can)	8 lb 7 oz	1 gal 2⅔ cups 2⅔ tsp (about 2 No. 10 cans)	12 Pour onion mixture, pureed rice, remaining rice, and beans into a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed for 5–6 minutes. DO NOT OVERMIX. Set aside for step 14.
OR Beans, pinto, dry, cooked (see Notes)	4 lb 3½ oz	2 qt 1⅓ cups 1⅓ tsp	8 lb 7 oz	1 gal 2⅔ cups 2⅔ tsp	
Brown sugar	2⅔ oz	⅓ cup	5⅓ oz	⅔ cup	13 Combine remaining ancho chili powder, sugar, tomato purée, salsa, and water in a large bowl. Set aside for step 16.
Tomato purée, canned, no-salt-added	1 lb 3 oz	2 cups 2 Tbsp 1 tsp (about ¼ No. 10 can)	2 lb 6 oz	1 qt ¼ cup 2 tsp (about ½ No. 10 can)	
Salsa, canned, low-sodium	1 lb 1½ oz	2 cups 1 tsp (approx. ¼ No. 10 can)	2 lb 3 oz	1 qt 2 tsp (approx. ½ No. 10 can)	14 Pour 1 gal (about 7 lb 11 oz) rice and bean mixture into a steam table pan (12" x 20" x 2½") lightly coated with pan release spray. Press surface firmly until flat and even. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Water		2 cups		1 qt	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Tortilla, flour, whole-grain, 8" (1.5 oz each)	13½ oz	9 each	1 lb 11 oz	18 each	15 For each pan, cut 9 tortillas in half. Place the straight edge of the tortillas around the sides of pan and overlap the remaining tortilla halves to cover the top of the rice and bean mixture.
					16 Over each pan, pour 1 qt 2 cups (about 2 lb 13 oz) tomato mixture on top of tortillas. Spread evenly.
Cheddar cheese, low-fat, shredded	10 oz	2½ cups	1 lb 4 oz	1 qt 1 cup	17 Sprinkle 2½ cups (about 10 oz) cheese over each pan.
					18 Bake: Conventional oven: 350 °F for 30 minutes. Convection oven: 325 °F for 20 minutes.
					19 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					20 Critical Control Point: Hold for hot service at 140 °F or higher.
					21 Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (about 2" x 3¾").

NUTRITION INFORMATION

For 1 piece.

NUTRIENTS	AMOUNT
Calories	269
Total Fat	4 g
Saturated Fat	2 g
Cholesterol	6 mg
Sodium	420 mg
Total Carbohydrate	51 g
Dietary Fiber	8 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	12 g
Vitamin D	1 IU
Calcium	210 mg
Iron	5 mg
Potassium	416 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

YIELD/VOLUME

25 Servings	50 Servings
About 12 lb 13 oz About 1 gal 2 qt 1 ² / ₃ cups/1 steam table pan (12" x 20" x 2 ¹ / ₂ ")	About 25 lb 10 oz About 3 gal 3 ¹ / ₄ cups/ 2 steam table pans (12" x 20" x 2 ¹ / ₂ ")

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature red onions	8 oz	1 lb
Red bell peppers	9 oz	1 lb 2 oz

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 #2: Same-Day Service.

Mexican Seasoning Mix ³/₄ Cup (About 4¹/₂ oz)

Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, ¹/₄ tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1³/₄ qt cold water to every 1 lb of dry beans. Cover, and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1³/₄ 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 recipe.

COOKING BEANS

Once the beans have been soaked, add 1³/₄ 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 2³/₈ cups dry or 5¹/₄ cups cooked beans.