



Beef Tamale Pie

USDA Recipe for Schools

Beef Tamale Pie contains lean ground beef combined with tomato paste, vegetables, and spices then topped with a whole grain cornbread and baked.

NSLP/SBP CREDITING INFORMATION

1 piece provides 1.5 oz equivalent meat/meat alternate, 3/8 cup red/orange vegetable, and 1 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Garlic powder		2 Tbsp		1/4 cup	1 Combine all spices in a bowl. Stir well.
Ground black pepper		1 1/2 tsp		1 Tbsp	
Salt		1 Tbsp		2 Tbsp	
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	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 15% fat)	5 lb 14 oz	3 qt	11 lb 12 oz	1 gal 2 qt	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.
					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.
*Fresh onions, chopped	14 oz	2 ² / ₃ cups	1 lb 12 oz	1 qt 1 ¹ / ₃ cups	5 Return pot back to heat. Add onions, peppers, corn, cilantro, and remaining spices. Stir for 30 seconds.
*Fresh green bell peppers	8 oz	1 ¹ / ₂ cups	1 lb	3 cups	
*Fresh red bell peppers	8 oz	1 ¹ / ₂ cups	1 lb	3 cup	
Frozen corn	1 lb	2 ³ / ₄ cups	2 lb	1 qt 1 ¹ / ₂ cups	
Fresh cilantro, finely chopped	2 oz	3 ¹ / ₂ cups	4 oz	1 qt 3 cups	
Water		1 qt 1 cup		2 qt 2 cups	6 Add water. After one minute reduce heat to low.
Canned no-salt-added tomato paste	1 lb 12 oz	3 cups (¹ / ₄ No. 10 can)	3 lb 8 oz	1 qt 2 cups (¹ / ₂ No. 10 can)	7 Add tomato paste, diced tomatoes, and drained ground beef. Stir well. Simmer uncovered over low heat for 10–15 minutes.
Canned no-salt-added diced tomatoes, undrained	3 lb 4 oz	1 qt 2 ¹ / ₄ cups (¹ / ₂ No. 10 can)	6 lb 8 oz	3 qt ¹ / ₂ cup (1 No. 10 can)	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					8 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds
					9 Pour 3 qt 2 cup (about 7 lb 6 oz) mixture into each steam table pan (12" x 20" x 2½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					10 Set aside for step 16.
					11 Critical Control Point: Cool to 41 °F or lower within 4 hours.
					12 If desired, prepare ground beef mixture ahead and refrigerate overnight.
Whole-wheat flour	1 lb	3 cups	2 lb	1 qt 2 cups	13 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	1 lb	2½ cups	2 lb	1 qt 1 cup	
Sugar	6 oz	1 cup	12 oz	2 cups	
Baking powder		¼ cup		⅓ cup 1 Tbsp	
Salt		1½ tsp			

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Frozen whole eggs, thawed	6 oz	2/3 cup			<p>14 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 50 servings, mix for 2–3 minutes on medium speed. For 100 servings, mix for 3–4 minutes on medium speed.</p>
Nonfat milk		3 1/2 cups			
Canola oil		1/2 cup			
					15 Cool meat mixture slightly before pouring batter on top.
					16 Pour 2 lb 4 oz (3 3/4 cups) batter over cooled meat mixture in each pan and spread into corners of pan.
					17 Bake until lightly browned: Conventional oven: 400 °F for 30–35 minutes. Convection oven: 350 °F for 20–25 minutes.
					18 Critical Control Point: Hold for hot service at 135 °F or higher.
					19 Remove from oven. Cool for 10 minutes.
					20 Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece.



NUTRITION INFORMATION

For 1 piece.

NUTRIENTS	AMOUNT
Calories	248
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Total Fat	9 g
Saturated Fat	3 g
Cholesterol	49 mg
Sodium	389 mg
Total Carbohydrate	27 g
Dietary Fiber	4 g
Total Sugars	8 g
Added Sugars included	N/A
Protein	15 g
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Vitamin D	12 IU
Calcium	73 mg
Iron	3 mg
Potassium	534 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb	2 lb
Red bell peppers	10 oz	1 lb 4 oz
Green bell peppers	10 oz	1 lb 4 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 #3: Complex Food Preparation.

YIELD/VOLUME

50 Servings	100 Servings
About 16 lb	About 32 lb
About 2 gal/2 steam table pans (12" x 20" x 2½")	About 4 gal/4 steam table pans (12" x 20" x 2½")