



Beef and Bean Tamale Pie

USDA Recipe for Schools

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.

NSLP/SBP CREDITING INFORMATION

1 piece provides

Legume as Meat Alternate: 1.5 oz equivalent meat/meat alternate, $\frac{3}{8}$ cup red/orange vegetable, $\frac{1}{8}$ cup additional vegetable, and 1.0 oz equivalent grains.

OR

Legume as Vegetable: 1.0 oz equivalent meat/meat alternate, $\frac{1}{8}$ cup legume vegetable, $\frac{3}{8}$ cup red/orange vegetable, $\frac{1}{8}$ cup additional vegetable, and 1.0 oz equivalent grains.

| INGREDIENTS | 50 SERVINGS | | 100 SERVINGS | | DIRECTIONS |
|--|-------------|-------------------|--------------|-----------------------------|--|
| | Weight | Measure | Weight | Measure | |
| Garlic powder | | 2 Tbsp | | $\frac{1}{4}$ cup | 1 Combine all spices in a bowl. Stir well. |
| Black pepper, ground | | 1½ tsp | | 1 Tbsp | |
| Chili powder | | $\frac{1}{4}$ cup | | $\frac{1}{2}$ cup | |
| Cumin, ground | | 3 Tbsp | | $\frac{1}{4}$ cup 2 Tbsp | |
| Paprika | | 1 Tbsp | | 2 Tbsp | |
| Onion powder | | 1 Tbsp | | 2 Tbsp | |
| Ground beef, raw (no more than 15% fat) | 2 lb 8 oz | 1 qt 1 cup | 5 lb | 2 qt 2 cup | 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. |



| INGREDIENTS | 50 SERVINGS | | 100 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 OR Pinto beans, dry, cooked (see Notes) | 5 lb 11 oz | 3 qt ½ cup (1⅓ No.10 cans) | 11 lb 6 oz | 1 gal 2 qt 1 cup (2⅔ No. 10 cans) | 5 Return pot back to heat. Add pinto beans, onions, peppers, corn, cilantro, and remaining spices. Stir for 30 seconds. |
| | | | | | |
| *Onions, fresh, chopped | 14 oz | 2⅔ cups | 1 lb 12 oz | 1 qt 1⅓ cup | |
| *Green bell peppers, fresh | 12 oz | 2¼ cups | 1 lb 8 oz | 1 qt ½ cup | |
| *Red bell peppers, fresh | 12 oz | 2¼ cups | 1 lb 8 oz | 1 qt ½ cup | |
| Corn, frozen | 1 lb 9 oz | 1 qt 2¼ cups | 2 lb 12 oz | 2 qt | |
| Cilantro, fresh, finely chopped | 2 oz | 3½ cups | 4 oz | 1 qt 3 cup | |
| Water | | 1 qt 1 cup | | 2 qt 2 cup | 6 Add water. After one minute reduce heat to low. |
| Tomato paste, canned no-salt-added | 1 lb 12 oz | 3 cups (¼ No. 10 can) | 3 lb 8 oz | 1 qt 2 cup (½ 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 | 50 SERVINGS | | 100 SERVINGS | | DIRECTIONS |
|---|-------------|--------------------------------|--------------|------------------------------|---|
| | Weight | Measure | Weight | Measure | |
| Tomatoes, canned, no-salt-added, diced, undrained | 3 lb 4 oz | 1 qt 2¼ cups (½ No. 10 can) | 6 lb 8 oz | 3 qt ½ cup (1 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 | 24 oz | 1 qt 2 cups | 48 oz | 3 qt | 10 Fold cheese into beef and bean mixture. |
| | | | | | 11 Pour 1 gal (about 9 lb 8 oz) mixture into each steam table pan (12" x 20" x 2½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. |
| | | | | | 12 Set aside for step 17. |
| | | | | | 13 Critical Control Point: Cool to 41 °F or lower within 4 hours, if using next day. |
| Whole-wheat flour | 1 lb | 3 cups | 2 lb | 1 qt 2 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 | 1 lb | 2½ cups | 2 lb | 1 qt 1 cup | |
| Sugar | 6 oz | 1 cup | 12 oz | 2 cup | |
| Baking powder | | ¼ cup | | ⅓ cup 1 Tbsp | |
| Salt | | 1½ tsp | | 1 Tbsp | |



| INGREDIENTS | 50 SERVINGS | | 100 SERVINGS | | DIRECTIONS |
|----------------------------|-------------|----------------------|--------------|----------------------|---|
| | Weight | Measure | Weight | Measure | |
| Whole eggs, frozen, thawed | 6 oz | $\frac{2}{3}$ cup | 12 oz | 1 $\frac{1}{3}$ cups | 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 50 servings, mix for 2–3 minutes on medium speed. For 100 servings, mix for 3–4 minutes on medium speed. |
| Nonfat milk | | 3 $\frac{1}{2}$ cups | | 1 qt 3 cups | |
| Canola oil | | $\frac{1}{2}$ cup | | 1 cup | |
| | | | | | 16 Cool meat mixture slightly before pouring batter on top. |
| | | | | | 17 Pour 2 lb 4 oz (3 $\frac{3}{4}$ 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 135 °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 $\frac{3}{8}$ " 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 | 50 Servings | 100 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

| 50 Servings | 100 Servings |
|--|--|
| About 19 lb 6 oz | About 38 lb 12 oz |
| About 2 gal 1 qt 3 cups/2 steam table pans (12" x 20" x 2½") | About 4 gal 3 qt 2 cups/4 steam table pans (12" x 20" x 2½") |

