



Chicken or Turkey Tamale Pie

USDA Recipe for Schools

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.

NSLP/SBP CREDITING INFORMATION:

1 piece provides 2 oz equivalent meat/meat alternate, ¼ cup red/orange vegetable, ¼ cup additional vegetable, and 1 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canola oil		1 Tbsp 1 tsp		2 Tbsp 2 tsp	<p>1 In a large stock pot combine oil and onions. Sauté over medium–high heat uncovered for 2 minutes. Stir well.</p>
*Onions, fresh, ¼" diced	14 oz	2⅔ cups	1 lb 12 oz	1 qt 1⅓ cups	
Chicken (cooked, frozen), thawed, ½" diced	4 lb 12 oz	1 gal ½ cup	9 lb 8 oz	2 gal 1 cup	<p>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.</p>
OR Turkey (cooked, frozen), thawed, ½" diced	4 lb 12 oz	1 gal ½ cup	9 lb 8 oz	2 gal 1 cup	
Corn, frozen	1 lb 6 oz	1 qt	2 lb 12 oz	2 qt	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Black beans, canned, low-sodium, drained, rinsed	12 oz	1½ cups	1 lb 8 oz	2⅔ cups (⅓ No. 10 can)	
OR					
Black beans, dry (see Notes)	12 oz	1½ cups	1 lb 8 oz	2⅔ cups	
Tomato paste, canned, no-salt-added	1 lb 12 oz	3 cups (¼ No. 10 can)	3 lb 8 oz	1 qt 2 cups (½ No. 10 can)	
Tomatoes, diced, canned, no-salt-added, 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)	
Water		1 qt 1 cup		2 qt 2 cups	
Cilantro, fresh, finely chopped	2 oz	3½ cups	4 oz	1 qt 3 cups	
Bay leaves, dry		2 each		4 each	
Garlic powder		2 Tbsp		¼ cup	
Salt		1 tsp		2 tsp	
Black pepper, ground		1½ tsp		1 Tbsp	
Chili powder		¼ cup		½ cup	
Cumin, ground		3 Tbsp		¼ cup 2 Tbsp	
Paprika		1 Tbsp		2 Tbsp	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Onion powder		1 Tbsp		2 Tbsp	
					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	1 lb 4 oz	1 qt 1 cup	2 lb 8 oz	2 qt 2 cups	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 50 servings, use 2 pans. For 100 servings, use 4 pans.
					8 Set aside for step 13.
					9 Critical Control Point: Cool to 41 °F or lower within 4 hours.
Flour, whole-wheat	1 lb	3 cups	2 lb	1 qt 2 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	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	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Salt		1½ tsp		1 Tbsp	
Eggs (whole, frozen), thawed	6 oz	¾ cup	12 oz	1½ cups	<p>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.</p> <p>For 50 servings, mix for 2–3 minutes on medium speed. For 100 servings, mix for 2–3 minutes on medium speed.</p>
Milk, nonfat		3½ cups		1 qt 3 cups	
Canola oil		½ cup		1 cup	
					12 Cool meat mixture slightly before pouring batter on top.
					13 Pour 2 lb 4 oz (3¾ 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 135 °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	50 Servings	100 Servings
Mature onions	1 lb	2 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 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 135 °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 2¹/₄ cups dry or 4¹/₂ cups cooked beans.

YIELD/VOLUME

50 Servings	100 Servings
About 20 lb	About 40 lb
About 2 gal 2 qt/2 steam table pans (12" x 20" x 2 ¹ / ₂ ")	About 5 gal/4 steam table pans (12" x 20" x 2 ¹ / ₂ ")

