



# Turkey & Roasted Zucchini Tamale Casserole

This savory Turkey & Roasted Zucchini Tamale Casserole features turkey and Illinois vegetable chili filling baked with a homemade cornbread topping.

**Recipe Project Name:** Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development  
*Illinois State Board of Education*

**Preparation Time:** 1 hour  
**Cook Time:** 35 minutes

**NSLP/SBP crediting information:**

One 2" x 5" piece provides 1 ¼ oz eq meat/meat alternate, 1 ½ oz eq grains, ⅓ cup red/orange vegetable, ¼ cup other vegetable, ⅓ cup additional vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Turkey, ground, raw, no more than 15% fat	6 lb	3 qt	12 lb	1 gal 2 qt	<ol style="list-style-type: none"> <li>Chili:                      Add vegetable oil to a large stock pot or tilt skillet over medium heat.                      For 50 servings, use 1 Tbsp of vegetable oil.                      For 100 servings, use 2 Tbsp of vegetable oil.</li> <li>Cook ground turkey, stirring often, for about 10 minutes or until meat is thoroughly cooked through.  <b>Critical Control Point:</b> Heat to 165 °F or higher for at least 15 seconds.</li> </ol>



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Vegetable oil, divided		¾ cup 2 Tbsp		1 ¾ cups	
*Onions, white, fresh, diced	2 lb 12 oz	2 qt ½ cup	5 lb 8 oz	1 gal 1 cup	<b>3.</b> Add onions, bell peppers, and green chilies with liquid to the stock pot. Cook until onions are translucent.
*Bell peppers, yellow and green, fresh, diced	1 lb	3 cups	2 lb	1 qt 2 cups	
Green chilies, diced, canned, undrained	8 oz	1 cup	1 lb	2 cups	
Garlic, granulated		3 ½ Tbsp		¼ cup 3 Tbsp	<b>4.</b> Add garlic, chili powder, cumin, paprika, black pepper, and salt to the stock pot. Stir well. For 50 servings, use 1 ½ tsp of salt. For 100 servings, use 1 Tbsp of salt.
Chili powder		⅓ cup ½ Tbsp		¾ cup	
Cumin		1 Tbsp		2 Tbsp	
Paprika		1 Tbsp		2 Tbsp	
Black pepper, ground		2 ¼ tsp		1 ½ Tbsp	
Salt, divided		2 ¾ tsp		1 Tbsp 2 ½ tsp	
Tomatoes, diced, no salt added, canned, undrained	3 lb 8 oz	1 qt 3 cups (About 2 No. 2-1/2 can)	7 lb	3 qt 2 cups	<b>5.</b> Add tomatoes, tomato sauce, tomato paste, and water to the pot. Stir, then add bay leaves and cilantro and simmer for 20-30 minutes.  <b>Critical Control Point:</b> Heat to 165 °F or higher for at least 15 seconds.
Tomato sauce, no salt	15 oz	1 ¾ cups	1 lb 14 oz	3 ½ cups	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
added, canned		(1 No. 300 can)			
Tomato paste, no salt added, canned	8 oz	¾ cup 1 Tbsp	1 lb	1 ½ cups 2 Tbsp	
Water		2 cups		1 qt	
Bay leaves, whole, dried		3 each		6 each	
Cilantro, fresh, chopped		½ cup		1 cup	
*Zucchini, fresh, diced	2 lb 6 oz	2 qt ⅓ cup	4 lb 12 oz	1 gal ⅔ cup	<p><b>6.</b> Preheat oven to 425 °F.</p> <p><b>7.</b> Toss zucchini with vegetable oil on a baking sheet. For 50 servings, use 1 Tbsp vegetable oil. For 100 servings, use 2 Tbsp vegetable oil.</p> <p><b>8.</b> Roast zucchini in 425 °F oven until edges are golden brown (about 15-20 minutes).</p> <p><b>9.</b> Remove chili from heat. Add roasted zucchini to the stock pot and stir to combine.</p>
Whole wheat flour	1 lb 8 oz	1 qt 1 ¼ cups	3 lb	2 qt 2 ½ cups	<p><b>10.</b> Cornbread batter: Combine whole wheat flour, cornmeal, salt, sugar, and baking powder in a large bowl with a whisk. For 50 servings, use 1 ¼ tsp salt. For 100 servings, use 2 ½ tsp salt.</p>
Cornmeal, enriched	1 lb 8 oz	1 qt 1 cup 1 Tbsp	3 lb	2 qt 2 cups 2 Tbsp	
Sugar	5 oz	⅔ cup 2 tsp	10 oz	1 ⅓ cups 1 Tbsp 1 tsp	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Baking powder		1 tsp		2 tsp	
Milk, skim		1 qt 1 ½ cups 2 Tbsp		2 qt 3 ¼ cups	<p><b>11.</b> In another bowl, whisk together milk, eggs, and vegetable oil. Once combined, add to the large bowl of dry ingredients.</p> <p>For 50 servings, use ¾ cup vegetable oil.</p> <p>For 100 servings, use 1 ½ cups vegetable oil.</p>
Whole eggs, frozen, thawed	10 ½ oz	1 ¼ cups	1 lb 5 oz	2 ½ cups	
Sweet corn, whole kernels, no salt added, canned, drained	1 lb	2 ¼ cups	2 lb	1 qt ½ cup	<p><b>12.</b> Add drained corn kernels to the bowl and combine until entire mixture is moistened, but still lumpy. Set aside for assembly.</p> <p><b>13.</b> Assembly and baking: Thoroughly coat 2 ½-inch deep full-sized foodservice pans with non-stick spray. For 50 servings, use two pans. For 100 servings, use four pans.</p> <p><b>14.</b> Fill each pan with chili until half full.</p> <p><b>15.</b> Pour half of the cornbread batter over chili in each pan. Spread batter evenly to the corners of the pan.</p> <p><b>16.</b> Bake in a conventional oven at 400 °F until cornbread is fully baked (about 30-35 minutes).</p> <p><b>Critical Control Point:</b> Heat to 165 °F or higher for at least 15 seconds. Hold for hot service at 135 °F or higher.</p> <p><b>17.</b> Portion into 2" x 5" pieces for service.</p>



**TURKEY AND ROASTED ZUCCHINI TAMALE CASSEROLE NUTRITION INFORMATION**

For 1 piece (2" x 5")

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>309</b>
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<b>Total Fat</b>	<b>12 g</b>
Saturated Fat	2.6 g
Cholesterol	63 mg
<b>Sodium</b>	<b>240 mg</b>
<b>Total Carbohydrate</b>	<b>35 g</b>
Dietary Fiber	4 g
Total Sugars	8 g
Added Sugars included	N/A
<b>Protein</b>	<b>15 g</b>
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Vitamin A	1114 IU
Vitamin C	14 mg
Vitamin D	N/A
Calcium	112.6 mg
Iron	2.4 mg
Potassium	N/A

N/A=data not available.

**SOURCE:**

FY 2021 Cohort A Team Nutrition Training Grant

<b>*MARKETING GUIDE</b>		
<b>Food as Purchased for</b>	<b>50 Servings</b>	<b>100 Servings</b>
Onions, whole	3 lb 2 oz	6 lb 4 oz
Bell peppers, whole	1 lb 4 oz	2 lb 8 oz
Zucchini, whole	2 lb 8 oz	5 lb

<b>NOTES</b>
<p>*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.</p> <p>If cooking turkey in conventional oven, add ground turkey to a large roasting pan, or divided evenly with no more than 6 lb of ground turkey per sheet pan. Bake at 325 °F for approximately 18-20 minutes, stirring every few minutes until fully cooked.</p> <p>Optional: Top each serving with 1 Tbsp light sour cream.</p> <p>*Optional ingredients are not included in recipe nutrient analysis. Addition of optional ingredients may change crediting and/or nutrition information.</p> <p>Cooking Process #2: Same Day Service</p>

<b>YIELD/VOLUME</b>	
<b>50 Servings</b>	<b>100 Servings</b>
About 14 lb 6 oz chili	About 28 lb 12 oz chili
About 8 lb 4 oz cornbread batter	About 16 lb 8 oz cornbread batter

