

# Beef and Bean Tamale Pie

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-15A

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	2 lb 10 oz		5 lb 4 oz		1. Brown ground beef. Drain. Continue immediately.
Canned pinto beans, drained, coarsely chopped	5 lb 13 oz	3 qt 1 cup (1 ⅓ No. 10 cans and ½ cup)	11 lb 10 oz	1 gal 2 ½ qt (2 ⅔ No. 10 cans and 1 cup)	2. Add pinto beans, onions, granulated garlic, pepper, tomato paste, tomatoes, water, and seasonings. Blend well. Bring to boil. Reduce heat and simmer for 20-25 minutes.
OR *Dry pinto beans, cooked, coarsely chopped (see Special Tips)	OR 5 lb 13 oz	OR 3 qt	OR 11 lb 10 oz	OR 1 gal 2 qt	CCP: Heat to 155° F for at least 15 seconds.  Ground beef/bean mixture may be prepared ahead and refrigerated overnight.  CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.
*Fresh onions, chopped OR Dehydrated onions	14 oz OR 2 ½ oz	2 ⅓ cups OR 1 ¼ cups	1 lb 12 oz OR 5 oz	1 qt ⅔ cup OR 2 ½ cups	
Granulated garlic		2 Tbsp		¼ cup	
Ground black or white pepper		1 ½ tsp		1 Tbsp	
Canned tomato paste	1 lb 12 oz	3 cups 2 Tbsp (¼ No. 10 can)	3 lb 8 oz	1 qt 2 ¼ cups (½ No. 10 can)	
Canned diced tomatoes, with juice	3 lb 3 oz	1 qt 2 ¼ cups (½ No. 10 can)	6 lb 6 oz	3 qt ½ cup (1 No. 10 can)	
Water		1 qt 1 cup		2 qt 2 cups	
†Seasonings Chili powder Ground cumin Paprika Onion powder		¼ cup 3 Tbsp 1 Tbsp 1 Tbsp		½ cup ¼ cup 2 Tbsp 2 Tbsp 2 Tbsp	
					3. Pour 7 lb 13 oz (3 qt 2 cups) mixture into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. Set aside for step 6.
Enriched all-purpose flour	1 lb	3 ¾ cups	2 lb	1 qt 3 ½ cups	4. For cornbread topping: Blend flour, cornmeal, sugar, baking powder, and salt in mixer for 1 minute on low speed.
Cornmeal	1 lb	3 ¾ cups	2 lb	1 qt 3 ½ cups	
Sugar	3 ½ oz	½ cup	7 oz	1 cup	

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Baking powder		2 Tbsp	2 oz	¼ cup	
Salt		¼ tsp		1 ½ tsp	
Frozen whole eggs, thawed OR Fresh large eggs (see Special Tip)	6 oz	¾ cup OR 4 each	12 oz	1 ½ cups OR 7 each	5. In a separate bowl, mix eggs, milk, and oil. Add to dry ingredients. Blend 2-3 minutes on medium speed until dry ingredients are moistened. Batter will be lumpy.
Instant nonfat dry milk, reconstituted		3 ¾ cups		1 qt 3 ½ cups	
Vegetable oil		½ cup		1 cup	
					6. Pour 2 lb 5 oz (1 qt ½ cup) batter over meat mixture in each pan and spread into corners of pan.
					7. Bake: Conventional oven: 400° F for 30-35 minutes Convection oven: 350° F for 25-30 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
Reduced fat Cheddar cheese, shredded	1 lb 10 oz	1 qt 2 ½ cups	3 lb 4 oz	3 qt 1 cup	8. Sprinkle 13 oz (3 ¼ cups) cheese over cornbread in each pan.
					9. CCP: Hold for hot service at 135° F or higher. Cut each pan 5 x 5 (25 portions per pan).
					10. If desired, serve with taco sauce.

Comments:

\*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ½ cup 1 Tbsp Mexican Seasoning Mix. For 100 servings, use 1 cup 2 Tbsp Mexican Seasoning Mix.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb	3 lb 10 oz
Dry pinto beans	2 lb 5 oz	4 lb 10 oz

### SERVING:

1 portion provides 2 oz equivalent meat/meat alternate, ⅜ cup of vegetable, and 1 serving of grains/breads.

### YIELD:

**50 Servings:** about 17 lb 15 ½ oz

**100 Servings:** about 35 lb 15 oz

### VOLUME:

**50 Servings:** 2 steamtable pans

**100 Servings:** 4 steamtable pans

Tested 2004

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## Special Tips:

1) For 50 servings, use 2 oz ( $\frac{2}{3}$  cup) dried whole eggs and  $\frac{2}{3}$  cup water in place of eggs.

For 100 servings, use 3  $\frac{1}{2}$  oz (1  $\frac{1}{4}$  cups) dried whole eggs and 1  $\frac{1}{4}$  cups water in place of eggs.

## 2) SOAKING BEANS

Overnight method: Add 1  $\frac{3}{4}$  qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-soak method: Boil 1  $\frac{3}{4}$  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  $\frac{1}{2}$  tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

CCP: Hold for hot service at 135° F.

OR

Chill for later use.

CCP: Cool to 70° F within 2 hours and to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans = about 2  $\frac{3}{8}$  cups dry or 5  $\frac{1}{4}$  cups cooked pinto beans.

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## Nutrients Per Serving

<b>Calories</b>	268	<b>Saturated Fat</b>	3.60 g	<b>Iron</b>	3.26 mg
<b>Protein</b>	15.95 g	<b>Cholesterol</b>	39 mg	<b>Calcium</b>	247 mg
<b>Carbohydrate</b>	31.51 g	<b>Vitamin A</b>	1009 IU	<b>Sodium</b>	630 mg
<b>Total Fat</b>	9.23 g	<b>Vitamin C</b>	12.3 mg	<b>Dietary Fiber</b>	4.2 g