

# Beef Tamale Pie

Meal Components: Vegetable - Red / Orange, Vegetable - Other, Grains, Meat / Meat Alternate

Main Dishes, D-15

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 15% fat)	5 lb 14 oz		11 lb 12 oz		<ol style="list-style-type: none"> <li>1. Brown ground beef. Drain. Continue to next step immediately.</li> <li>2. Add onions, granulated garlic, pepper, tomato paste, tomatoes, water, and seasonings. Blend well. Bring to boil. Reduce heat and simmer for 20-25 minutes. CCP: Heat to 155° F for at least 15 seconds.</li> </ol>
*Fresh onions, chopped	14 oz	2 1/3 cups	1 lb 12 oz	1 qt 2/3 cups	
OR	OR	OR	OR	OR	
Dehydrated onions	2 1/2 oz	1 1/4 cups	5 oz	2 1/2 cups	
Granulated garlic		2 Tbsp		1/4 cup	
Ground black or white pepper		1 1/2 tsp		1 Tbsp	
Canned low-sodium tomato paste	1 lb 12 oz	3 cups 2 Tbsp (1/4 No. 10 can)	3 lb 8 oz	1 qt 2 1/4 cups (1/2 No. 10 can)	
Canned low-sodium diced tomatoes, with juice	3 lb 3 oz	1 qt 2 1/4 cups (1/2 No. 10 can)	6 lb 6 oz	3 qt 1/2 cup (1 No. 10 can)	

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	
<p><b>3.</b> Pour 5 lb 8 oz (2 qt 2 cups) mixture into each steamtable pan (12" x 20" x 2 1/2"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. Set aside for step 6.</p>					
Whole wheat/enriched blend flour	1 lb	3 3/4 cups	2 lb	1 qt 3 1/2 cups	
<p><b>4.</b> For cornbread topping: Blend flour, cornmeal, sugar, baking powder, and salt in mixer for 1 minute on low speed.</p>					
Stone ground cornmeal	1 lb	3 3/4 cups	2 lb	1 qt 3 1/2 cups	
Sugar	3 1/2 oz	1/2 cup	7 oz	1 cup	
baking powder	1 oz	2 Tbsp 1 tsp	2 oz	1/3 cup	
Salt		3/4 tsp		1 1/2 tsp	
Frozen whole eggs, thawed	6 oz	3/4 cup	12 oz	1 1/2 cups	
<p><b>5.</b> In a separate bowl, mix eggs, milk, and oil. Add to dry ingredients. Blend 2-3 minutes on medium speed until dry ingredients are</p>					

OR	OR	OR	OR	OR
Fresh large eggs (see Special Tip)		4 each		7 each
Instant nonfat dry milk, reconstituted		3 3/4 cups		1 qt 3 1/2 cups
Vegetable oil		1/2 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 3 1/2 cups	3 lb 4 oz	3 qt 1 cup
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**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.

**Notes**

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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.

Special Tip:

For 50 servings, use 2 oz (? cup) dried whole eggs and ? cup water in place of eggs.

For 100 servings, use 3 ½ oz (1 ¼ cups) dried whole eggs and 1 ¼ cups water in place of eggs.

**A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.**

#### Marketing Guide

Food as Purchased for	50 Servings	50 Servings
Mature onions	1 lb	2 lb

Serving	Yield	Volume
1 portion provides 2 oz equivalent meat/meat alternate, 1/4 cup red/orange vegetable, and 1/8 cup other vegetable and 1 oz equivalent grains.	<b>50 Servings:</b> about 18 lb 2 oz	<b>50 Servings:</b> 2 steamtable pans
	<b>100 Servings:</b> about 36 lb 4 oz	<b>100 Servings:</b> 4 steamtable pans