

# Beef and Bean Tamale Pie - USDA Recipe D150A

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

D15A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Garlic powder		1 Tbsp		2 Tbsp	<ol style="list-style-type: none"> <li>Combine all spices in a bowl. Stir well.</li> <li>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.</li> <li>Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</li> <li>Remove beef from heat. Drain beef in a</li> </ol>
Ground black pepper		3/4 tsp		1 1/2 tsp	
Chili powder		2 Tbsp		1/4 cup	
Ground cumin		1 Tbsp 1 1/2 tsp		3 Tbsp	
Paprika		1 1/2 tsp		1 Tbsp	
Onion powder		1 1/2 tsp		1 Tbsp	
Raw ground beef (no more than 15% fat)	1 lb 4 oz	2 1/2 cups	2 lb 8 oz	1 qt 1 cup	

Canned low-sodium pinto beans, drained, rinsed, coarsely chopped	2 lb 13 1/2 oz	1 qt 2 1/4 cups (2/3 No. 10 can)	5 lb 11 oz	3 qt 1/2 cup (1 1/3 No. 10 cans)	<b>5.</b> Return pot back to heat. Add pinto beans, onions, peppers, corn, cilantro, and remaining spices. Stir for 30 seconds.
*Dry pinto beans, cooked (See Notes Section)	2 lb 13 1/2 oz	1 qt 2 1/4 cups	5 lb 11 oz	3 qt 1/2 cup	
*Fresh onions, chopped	7 oz	1 1/3 cups	14 oz	2 2/3 cups	
*Fresh green bell peppers	6 oz	1 1/8 cups	12 oz	2 1/4 cups	
*Fresh red bell peppers	6 oz	1 1/8 cups	12 oz	2 1/4 cups	
Frozen corn	11 oz	2 cups	1 lb 6 oz	1 qt	
Fresh cilantro, finely chopped	1 oz	1 3/4 cups	2 oz	3 1/2 cups	
Water		2 1/2 cups		1 qt 1 cup	<b>6.</b> Add water. After one minute reduce heat to low.
Canned no-salt-added tomato paste	14 oz	1 1/2 cups (1/8 No. 10 can)	1 lb 12 oz	3 cups (1/4 No. 10 can)	<b>7.</b> Add tomato paste, diced tomatoes, and drained ground beef. Stir well. Simmer uncovered over low heat for 10-15 minutes.
Canned no-salt-added diced tomatoes, undrained	1 lb 10 oz	3 cups 2 Tbsp (1/4 No. 10 can)	3 lb 4 oz	1 qt 2 1/4 cups (1/2 No. 10 can)	
					<b>8.</b> If desired, prepare ground beef mixture ahead

9. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds

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Reduced-fat Cheddar cheese, shredded	12 oz	3 cups	24 oz	1 qt 2 cups
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10. Fold cheese into beef and bean mixture.

11. Pour 1 gallon (about 9 lb 8 oz) mixture into each steam table pan (12" x 20" x 2 1/2").

12. Set aside for step 17.

13. Critical Control Point: Cool to 40 °F or lower within 4 hours.

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Whole-wheat flour	8 oz	1 1/2 cups	1 lb	3 cups
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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.

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White whole-grain cornmeal	8 oz	1 1/4 cups	1 lb	2 1/2 cups
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Sugar	3 oz	1/3 cup 2 Tbsp	6 oz	1 cup
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baking powder		1 Tbsp 1 tsp		1/4 cup
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Salt		3/4 tsp		1 1/2 tsp
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Frozen whole eggs, thawed	3 oz	1/3 cup	6 oz	2/3 cup
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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

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Nonfat milk	1 3/4 cups	3 1/2 cups
Canola oil	1/4 cup	1/2 cup

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**16.** Cool meat mixture slightly before pouring batter on top.

**17.** Pour 2 lb 4 oz (3 3/4 cups) batter over cooled meat mixture in each pan and spread into corners of pan.

**18.** Bake until lightly browned:

**19.** Critical Control Point: Hold for hot service at 140 °F or higher.

**20.** Remove from oven. Cool for 10 minutes.

**21.** Portion: Cut each pan 5 x 5 (25 pieces per pan).

#### 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

#### Serving

NSLP/SBP Crediting Information: 1 piece provides:

Legume as Meat Alternate: 1.5 oz equivalent meat/meat alternate, 3/8 cup red/orange vegetable, 1/8 cup additional vegetable, and 1 oz equivalent grains.

OR

Legume as Vegetable: 1 oz equivalent meat/meat alternate, 1/8 cup legume vegetable, 3/8 cup red/orange vegetable, 1/8 cup additional vegetable , and 1 oz equivalent grains.

CACFP Crediting Information: 1 piece provides:

Legume as Meat Alternate: 1.5 oz meat/meat alternate, 1/2 cup vegetable, and 1 serving grains/bread.

OR

Legume as Vegetable: 1 oz meat/meat alternate, 5/8 cup vegetable, and 1 serving grains/bread.















































































































































































































































































































**How**  
**to**  
**Cook**  
**Dry**  
**Beans**

Special  
tip  
for  
preparing  
dry  
beans:

**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.

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Mature onions	8 oz	1 lb
Green bell peppers	8 oz	1 lb
Red bell peppers	8 oz	1 lb
Dry pinto beans	2 lb 13 1/2 oz	5 lb 11 oz

Serving	Yield	Volume
See Notes	<p><b>25 Servings:</b> about 9 lb 11 oz</p> <p><b>50 Servings:</b> about 19 lb 6 oz</p>	<p><b>25 Servings:</b> about 1 gallon 3 1/2 cups / 1 steam table pan (12" x 20" x 2 1/2")</p> <p><b>50 Servings:</b> about 2 gallons 1 quart 3 cups / 2 steam table pans (12" x 20" x 2 1/2")</p>

**Nutrients Per Serving**

Calories	270	Saturated Fat	3 g	Iron	3 mg
Protein	15 g	Cholesterol	36 mg	Calcium	219 mg
Carbohydrate	35 g	Vitamin A	1235 IU	Sodium	388 mg
Total Fat	8 g	Vitamin C	28 mg	Dietary Fiber	6 g