

Beef Tamale Pie - USDA Recipe D150

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

D15

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Garlic powder		1 Tbsp		2 Tbsp	<ol style="list-style-type: none"> Combine all spices in a bowl. Stir well. 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. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. Remove beef from heat. Drain beef in a
Ground black pepper		3/4 tsp		1 1/2 tsp	
Salt		1 1/2 tsp		1 Tbsp	
Chili powder		1/8 cup		1/4 cup	
Ground cumin		1 1/2 Tbsp		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)	2 lb 15 oz	1 qt 2 cups	5 lb 14 oz	3 qt	

*Fresh onions, chopped	7 oz	1 1/3 cups	14 oz	2 2/3 cups	5. Return pot back to heat. Add onions, peppers, corn, cilantro, and remaining spices. Stir for 30 seconds.
*Fresh green bell peppers	4 oz	3/4 cup	8 oz	1 1/2 cups	
*Fresh red bell peppers	4 oz	3/4 cup	8 oz	1 1/2 cups	
Frozen corn	8 oz	1 1/4 cups 2 Tbsp	1 lb	2 3/4 cups	
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	6. 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)	7. 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)	8. If desired, prepare ground beef mixture ahead and refrigerate overnight. 9. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. 10. Pour 3 qt 2 cups (about 7 lb 6 oz) mixture into

11. Set aside for step 16.

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

Whole-wheat flour	8 oz	1 1/2 cups	1 lb	3 cups	13. 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.
White whole-grain cornmeal	8 oz	1 1/4 cups	1 lb	2 1/2 cups	
Sugar	3 oz	1/3 cup 2 Tbsp	6 oz	1 cup	
baking powder		1 Tbsp 1 tsp		1/4 cup	
Salt		3/4 tsp		1 1/2 tsp	
Frozen whole eggs, thawed	3 oz	1/3 cup	6 oz	2/3 cup	14. 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.
Nonfat milk		1 3/4 cups		3 1/2 cups	
Canola oil		1/4 cup		1/2 cup	

15. Cool meat mixture slightly before pouring

16. Pour 2 lb 4 oz (3 3/4 cups) batter over cooled meat mixture in each pan and spread into corners of pan.
17. Bake until lightly browned:
18. Critical Control Point: Hold for hot service at 140 °F or higher.
19. Remove from oven. Cool for 10 minutes.
20. 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 1.5 oz equivalent meat/meat alternate, 3/8 cup red/orange vegetable, and 1 oz equivalent grains.

CACFP Crediting Information: 1 piece provides 1.5 oz meat/meat alternate, 3/8 cup vegetable, and 1 serving grains/bread.

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Mature onions	8 oz	1 lb
Red bell peppers	5 oz	10 oz
Green bell peppers	5 oz	10 oz

Serving	Yield	Volume
See Notes	25 Servings: about 8 lb 50 Servings: about 16 lb	25 Servings: about 1 gallon / 1 steam table pan (12" x 20" x 2 1/2") 50 Servings: about 2 gallons / 2 steam table pans (12" x 20" x 2 1/2")

Nutrients Per Serving					
Calories	248	Saturated Fat	3 g	Iron	3 mg
Protein	15 g	Cholesterol	49 mg	Calcium	73 mg
Carbohydrate	27 g	Vitamin A	1070 IU	Sodium	389 mg
Total Fat	9 g	Vitamin C	22 mg	Dietary Fiber	4 g