

Beef Tamale Pie

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-15

| Ingredients | 50 Servings | | 100 Servings | | Directions |
|--|-----------------------|-------------------------------------|--------------------------|---|--|
| | Weight | Measure | Weight | Measure | |
| Raw ground beef (no more than 20% fat) | 5 lb 14 oz | | 11 lb 12 oz | | 1. Brown ground beef. Drain. Continue immediately. |
| *Fresh onions, chopped OR Dehydrated onions | 14 oz OR 2 ½ oz | 2 ½ cups OR 1 ¼ cups | 1 lb 12 oz OR 5 oz | 1 qt ¾ cup OR 2 ½ cups | 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. Ground beef 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. |
| 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 5 lb 8 oz (2 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 | |
| Baking powder | 1 oz | 2 Tbsp 1 tsp | 2 oz | ⅓ cup | |
| Salt | | ¾ tsp | | 1 ½ tsp | |

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|--|------------|---------------------------|-----------|---------------------------|--|
| Frozen whole eggs, thawed OR Fresh large eggs (see Special Tip) | 6 oz | $\frac{3}{4}$ cup | 12 oz | 1 $\frac{1}{2}$ cups | 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 $\frac{3}{4}$ cups | | 1 qt 3 $\frac{1}{2}$ cups | |
| Vegetable oil | | $\frac{1}{2}$ cup | | 1 cup | |
| | | | | | |
| | | | | | 6. Pour 2 lb 5 oz (1 qt $\frac{1}{2}$ 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 $\frac{1}{2}$ cups | 3 lb 4 oz | 3 qt 1 cup | 8. Sprinkle 13 oz (3 $\frac{1}{4}$ 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 $\frac{1}{2}$ 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 | 2 lb |

| SERVING: | YIELD: | VOLUME: |
|---|---------------------------------------|--|
| 1 portion provides 2 oz equivalent meat/meat alternate, $\frac{3}{4}$ cup of vegetable, and 1 serving of grains/breads. | 50 Servings: about 18 lb 2 oz | 50 Servings: 2 steamtable pans |
| | 100 Servings: about 36 lb 4 oz | 100 Servings: 4 steamtable pans |

Tested 2004

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Special Tip:
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.

| Nutrients Per Serving | | | | | |
|-----------------------|---------|---------------|---------|---------------|---------|
| Calories | 281 | Saturated Fat | 5.17 g | Iron | 2.89 mg |
| Protein | 18.64 g | Cholesterol | 58 mg | Calcium | 228 mg |
| Carbohydrate | 23.39 g | Vitamin A | 1008 IU | Sodium | 430 mg |
| Total Fat | 12.76 g | Vitamin C | 11.9 mg | Dietary Fiber | 2.4 g |