

# Beef Tamale Pie

Meal Components: Red / Orange, 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 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	
Granulated garlic		2 Tbsp		1/4 cup	
Ground black or white pepper		1 1/2 tsp		1 Tbsp	
Canned low-sodium diced tomatoes, with juice	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 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)	
Water		1 qt 1 cup		2 qt 2 cups	

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	

### Notes

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.

A new nutrient analysis will be coming. Updated July 2014. Restandarization 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>100 Servings:</b> about 36 lb 4 oz	<b>50 Servings:</b> 2 steamtable pans  <b>100 Servings:</b> 4 steamtable pans

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