



Beef Tamale Pie

USDA Recipe for CACFP

Beef Tamale Pie contains lean ground beef combined with tomato paste, vegetables, and spices then topped with a whole grain cornbread and baked.

CACFP CREDITING INFORMATION

1 piece provides 1.5 oz equivalent meat/meat alternate, $\frac{3}{8}$ cup vegetable, and 1 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Garlic powder		1 Tbsp		2 Tbsp	1 Combine all spices in a bowl. Stir well.
Ground black pepper		$\frac{3}{4}$ tsp		1 $\frac{1}{2}$ tsp	
Salt		1 $\frac{1}{2}$ tsp		1 Tbsp	
Chili powder		$\frac{1}{8}$ cup		$\frac{1}{4}$ cup	
Ground cumin		1 $\frac{1}{2}$ Tbsp		3 Tbsp	
Paprika		1 $\frac{1}{2}$ tsp		1 Tbsp	
Onion powder		1 $\frac{1}{2}$ tsp		1 Tbsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 15% fat)	2 lb 15 oz	1 qt 2 cups	5 lb 14 oz	3 qt	2 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.
					3 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					4 Remove beef from heat. Drain beef in a colander. Set aside for step 7.
*Fresh onions, chopped	7 oz	1½ cups	14 oz	2⅔ 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	¾ cup	8 oz	1½ cups	
*Fresh red bell peppers	4 oz	¾ cup	8 oz	1½ cups	
Frozen corn	8 oz	1¼ cups 2 Tbsp	1 lb	2¾ cups	
Fresh cilantro, finely chopped	1 oz	1¾ cups	2 oz	3½ cups	
Water		2½ cups		1 qt 1 cup	6 Add water. After 1 minute reduce heat to low.
Canned no-salt-added tomato paste	14 oz	1½ cups (⅓ No. 10 can)	1 lb 12 oz	3 cups (¼ 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 (¼ No. 10 can)	3 lb 4 oz	1 qt 2¼ cups (½ No. 10 can)	

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	Weight	Measure	Weight	Measure	
					8 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					9 Pour 3 qt 2 cups (about 7 lb 6 oz) mixture into each steam table pan (12" x 20" x 2½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					10 Set aside for step 16.
					11 Critical Control Point: Cool to 40 °F or lower within 4 hours.
					12 If desired, prepare ground beef mixture ahead and refrigerate overnight.
Whole-wheat flour	8 oz	1½ 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	1¼ cups	1 lb	2½ cups	
Sugar	3 oz	⅓ cup 2 Tbsp	6 oz	1 cup	
Baking powder		1 Tbsp 1 tsp		¼ cup	
Salt		¾ tsp		1½ tsp	
Frozen whole eggs, thawed	3 oz	⅓ cup	6 oz	⅔ 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. For 25 servings, mix for 1–2 minutes on medium speed. For 50 servings, mix for 2–3 minutes on medium speed.



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Nonfat milk		1¾ cups		3½ cups	
Canola oil		¼ cup		½ cup	
					15 Cool meat mixture slightly before pouring batter on top.
					16 Pour 2 lb 4 oz (3¾ cups) batter over cooled meat mixture in each pan and spread into corners of pan.
					17 Bake until lightly browned: Conventional oven: 400 °F for 30–35 minutes. Convection oven: 350 °F for 20–25 minutes.
					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). Serve 1 piece.



NUTRITION INFORMATION

For 1 piece.

NUTRIENTS	AMOUNT
Calories	248

Total Fat	9 g
Saturated Fat	3 g
Cholesterol	49 mg
Sodium	389 mg
Total Carbohydrate	27 g
Dietary Fiber	4 g
Total Sugars	8 g
Added Sugars included	N/A
Protein	15 g
Vitamin D	12 IU
Calcium	73 mg
Iron	3 mg
Potassium	534 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	8 oz	1 lb
Red bell peppers	5 oz	10 oz
Green bell peppers	5 oz	10 oz

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.

YIELD/VOLUME

25 Servings	50 Servings
About 8 lb	About 16 lb
About 1 gal/1 steam table pan (12" x 20" x 2½")	About 2 gal/2 steam table pans (12" x 20" x 2½")