

TAMALE PIE (GROUND BEEF)

Yield 100

Portion 9-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
385 cal	36 g	24 g	16 g	71 mg	514 mg	152 mg

Ingredient

Weight

Measure

Issue

CORN MEAL	6-1/2 lbs	1 gal 1-1/3 qts	
WATER,BOILING	25-1/8 lbs	3 gal	
BEEF,GROUND,BULK,RAW,90% LEAN	16 lbs		
ONIONS,FRESH,CHOPPED	2 lbs	1 qts 1-5/8 cup	2-1/4 lbs
PEPPERS,GREEN,FRESH,CHOPPED	1 lbs	3 cup	1-1/4 lbs
TOMATOES,CANNED,CRUSHED,INCL LIQUIDS	13-1/4 lbs	1 gal 2 qts	
CORN,CANNED,WHOLE KERNEL,DRAINED	6-3/4 lbs	1 gal 2/3 qts	
OLIVES,RIPE,PITTED,SLICED,INCL LIQUIDS	3-1/2 lbs	3 qts	
CHILI POWDER,DARK,GROUND	4-1/4 oz	1 cup	
CUMIN,GROUND	1-1/4 oz	1/4 cup 2-1/3 tbsp	
GARLIC POWDER	1 oz	3-1/3 tbsp	
SALT	7/8 oz	1 tbsp	
PEPPER,RED,GROUND	1/4 oz	1 tbsp	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
CHEESE,CHEDDAR,GRATED	3 lbs	3 qts	

Method

- 1 Mix cornmeal; chili powder and salt together; gradually stir into boiling water. Bring to a boil.
- 2 Reduce heat; simmer 25 minutes, stirring frequently until a stiff paste is formed. Set aside for use in Step 5.
- 3 Cook beef with onions and peppers until beef loses its pink color, stirring to break apart. Drain or skim off excess fat.
- 4 Add tomatoes, corn, olives, chili powder, cumin, salt, garlic powder, and red pepper to beef mixture; simmer 15 minutes, stirring frequently.
- 5 Lightly spray each pan with non-stick cooking spray. Spread 2-1/3 cup cornmeal paste over bottom and sides of each pan to form a thin crust.
- 6 Pour 2 quarts meat mixture over crust in each pan.
- 7 Spread 4-2/3 cups cornmeal paste evenly over meat mixture in each pan.
- 8 Using a convection oven, bake at 325 F. 50 to 60 minutes on low fan, open vent; remove from oven. CCP: Internal temperature must reach 155 F. or higher for 15 seconds.
- 9 Sprinkle 1-1/2 cups cheese evenly over each pan.
- 10 Let stand 10 to 15 minutes to allow filling to firm and cheese to melt. CCP: Hold for service at 140 F. or higher. Cut 3 by 4.