



Beef Taco Pie

USDA Recipe for CACFP

Beef Taco Pie contains lean ground beef combined with salsa, tomato purée, brown rice, and spices then topped with cheese and baked.

CACFP CREDITING INFORMATION

1 piece (about 2" x 3¾") provides 1.5 oz equivalent meat/meat alternate, ¼ cup vegetable, and 1.5 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		1 qt 1 cup		2 qt 2 cups	1 Boil water.
Brown rice, long-grain, regular, dry, parboiled	1 lb 9 oz	1 qt	3 lb 2 oz	2 qt	2 Place 1 qt brown rice (1 lb 9 oz) in each steam table pan (12" x 20" x 2½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					3 Pour boiling water (1 qt 1 cup per steam table pan) over brown rice. Stir. Cover pans tightly.
					4 Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes. Steamer: 5 lb pressure for 25 minutes.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					5 Remove cooked rice from oven and let stand covered for 5 minutes. Stir rice.
					6 Critical Control Point: Heat to 140 °F or higher.
					7 Critical Control Point: Hold for hot service at 140 °F or higher.
					8 Set aside for step 15.
Raw ground beef (no more than 10% fat)	2 lb 15 oz	1 qt 2 cups 1 Tbsp 1 tsp	5 lb 14 oz	3 qt 2 Tbsp 2 tsp	9 Place ground beef in a large stock pot. Cook uncovered over medium–high heat for 5–8 minutes. Stir often until meat is well done.
					10 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					11 Remove meat from heat. Drain beef in a colander. Return meat to heat.
Chili powder		1 Tbsp		2 Tbsp	12 Add chili powder, cumin, paprika, onion powder, 2 Tbsp ancho chili powder, and water. Heat uncovered over medium–high heat for 2–3 minutes, stirring occasionally. Set remaining ancho chili powder aside for step 17.
Ground cumin		2¼ tsp		1 Tbsp 1½ tsp	13 Set aside for step 16.
Ground paprika		¾ tsp		1½ tsp	14 Critical Control Point: Hold for hot service at 140 °F or higher.
Onion powder		¾ tsp		1½ tsp	

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	Weight	Measure	Weight	Measure	
Ancho chili powder		3 Tbsp	2 oz	$\frac{1}{4}$ cup 2 Tbsp	
OR					
Mexican seasoning mix (see Notes)		3 Tbsp	2 oz	$\frac{1}{4}$ cup 2 Tbsp	
Water		1 $\frac{1}{4}$ cups		2 $\frac{1}{2}$ cups	15 Pour 1 qt 2 cups (about 2 lb) cooked rice into a food processor on medium speed for 2–3 minutes or until rice has a smooth consistency. DO NOT OVERMIX. Set remaining rice aside for step 16.
					16 Pour beef, puréed rice, and remaining rice into a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed for 5–6 minutes. DO NOT OVERMIX. Set aside for step 18.
Brown sugar	2 $\frac{2}{3}$ oz	$\frac{1}{3}$ cup	5 $\frac{1}{3}$ oz	$\frac{2}{3}$ cup	17 Combine remaining ancho chili powder, sugar, tomato puree, salsa, and water in a large bowl. Set aside for step 20.
Canned no-salt-added tomato puree	1 lb 3 oz	2 cups 2 Tbsp 1 tsp (approx. $\frac{1}{4}$ No. 10 can)	2 lb 6 oz	1 qt $\frac{1}{4}$ cup 2 tsp (approx. $\frac{1}{2}$ No. 10 can)	
Canned low-sodium salsa	1 lb 1 $\frac{1}{2}$ oz	2 cups 1 tsp (approx. $\frac{1}{4}$ No. 10 can)	2 lb 3 oz	1 qt 2 tsp (approx. $\frac{1}{2}$ No. 10 can)	18 Pour 3 qt 3 cups (about 5 lb 10 oz) rice and meat mixture into a steam table pan (12" x 20" x 2 $\frac{1}{2}$ ") lightly coated with pan release spray. Press surface firmly until flat and even. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Water		2 cups		1 qt	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Whole-grain flour tortillas, 8" (1 ½ oz each)	13½ oz	9 each	1 lb 11 oz	18 each	19 Cut 9 tortillas in half for each pan. Line straight side of tortillas against edges of pan, and overlap remaining tortilla halves on top of rice and meat mixture.
					20 Spread 1 qt 2 cups (about 2 lb 13 oz) tomato mixture on top of tortillas. Spread evenly.
Low-fat cheddar cheese, shredded	8 oz	2 cups	1 lb	1 qt	21 Sprinkle 2 cups (about 8 oz) cheese over each pan.
					22 Bake: Conventional oven: 350 °F for 30 minutes. Convection oven: 325 °F for 20 minutes.
					23 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					24 Critical Control Point: Hold for hot service at 140 °F or higher.
					25 Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (about 2" x 3¾").



NUTRITION INFORMATION

For 1 piece (about 2" x 3¾").

NUTRIENTS	AMOUNT
Calories	271
Total Fat	8 g
Saturated Fat	3 g
Cholesterol	31 mg
Sodium	392 mg
Total Carbohydrate	39 g
Dietary Fiber	4 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	16 g
Vitamin D	2 IU
Calcium	153 mg
Iron	5 mg
Potassium	375 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

NOTES

Cooking Process #2: Same Day Service.

Mexican Seasoning Mix ³/₄ Cup (About 4½ oz)

Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, ¼ tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

YIELD/VOLUME

25 Servings	50 Servings
About 11 lb About 1 gal 1 qt 2 cups/1 steam table pan (12" x 20" x 2½")	About 22 lb About 2 gal 3 qt/2 steam table pans (12" x 20" x 2½")