

# Taco Pie with Beans

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-45B

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned pinto beans, drained OR Dry pinto beans, cooked (see Special Tip)	8 lb 7 oz OR 8 lb 7 oz	1 gal 3 cups (2 No. 10 cans) OR 1 gal 1 ¾ qt	16 lb 14 oz OR 16 lb 14 oz	2 gal 1 ½ qt (4 No. 10 cans) OR 2 gal 3 ½ qt	1. Drain beans, and mash.
Taco seasoning mix	6 oz	1 cup	12 oz	2 cups	
Water		2 ½ cups		1 qt 1 cup	2. Sprinkle the taco seasoning mix over beans.
Canned salsa	2 lb 3 oz	1 qt ¼ cup (⅓ No. 10 can)	4 lb 6 oz	2 qt ½ cup (⅓ No. 10 can)	3. Add water and allow to simmer for 15 minutes.
Canned tomato puree	2 lb 6 oz	1 qt ¼ cup (⅓ No. 10 can ¾ cup)	4 lb 12 oz	2 qt ½ cup (¾ No. 10 can ½ cup)	4. In a bowl, combine salsa, tomato puree, and water.
Water		1 qt		2 qt	
Enriched flour tortillas, 8-inch (at least 1.5 oz each)		40 each		80 each	5. Cut tortillas in halves.
Reduced fat Cheddar cheese, shredded	2 lb	2 qt	4 lb	1 gal	
					6. Lightly coat steamtable pans (12" x 20" x 2 ½") with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					7. Assembly Bottom layer: Place 16 half-tortillas in bottom of pan. Distribute 1 lb 8 oz (3 ½ cups) of the bean mixture on top of tortillas. Spread 1 lb 3 oz (2 cups) taco sauce over the bean mixture. Sprinkle 6 oz (1 ½ cups) shredded cheese over taco sauce.  Middle layer: Place 12 half-tortillas on top of the taco sauce. Distribute 1 lb 8 oz (3 ½ cups) of bean mixture on top of the tortillas. Spread 1 lb 3 oz (2 cups) taco sauce over the bean mixture. Sprinkle 6 oz (1 ½ cups) shredded cheese over taco sauce.  Top layer: Place 12 half-tortillas on top of the taco sauce. Divide the remaining bean mixture on top of the tortillas. Divide the remaining taco sauce over the bean

# Taco Pie with Beans

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-45B

	mixture. Sprinkle 4 oz (1 cup) of shredded cheese evenly over the taco sauce.
	8. Tightly cover pans.
	9. Bake: Conventional oven: 350° F for 30 minutes Convection oven: 325° F for 20 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
	10. CCP: Hold for hot service at 135° F or higher.  Let pie rest for 5 minutes before portioning. Cut each pan 5 x 5 (25 pieces per pan).

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Dry pinto beans	4 lb 5 oz	8 lb 10 oz

SERVING:	YIELD:	VOLUME:
1 piece provides 2 oz equivalent meat/meat alternate, ¼ cup of vegetable, and 1 ¼ serving of grains/breads.	<b>50 Servings:</b> about 16 lb 13 oz	<b>50 Servings:</b> 2 steamtable pans
	<b>100 Servings:</b> about 33 lb 10 oz	<b>100 Servings:</b> 4 steamtable pans

Tested 2004

### Special Tip: SOAKING BEANS

Overnight method: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-soak method: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

### COOKING BEANS

# Taco Pie with Beans

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-45B

Once the beans have been soaked, add ½ tsp salt for every lb of dry beans.  
Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.  
CCP: Hold for hot service at 135° F.  
OR

Chill for later use.  
CCP: Cool to 70° F within 2 hours and to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans = about 2 ¾ cups dry or 5 ¼ cups cooked beans.

Nutrients Per Serving					
<b>Calories</b>	264	<b>Saturated Fat</b>	2.86 g	<b>Iron</b>	3.62 mg
<b>Protein</b>	13.69 g	<b>Cholesterol</b>	10 mg	<b>Calcium</b>	258 mg
<b>Carbohydrate</b>	38.22 g	<b>Vitamin A</b>	726 IU	<b>Sodium</b>	960 mg
<b>Total Fat</b>	6.49 g	<b>Vitamin C</b>	5.4 mg	<b>Dietary Fiber</b>	4.8 g