

Tamale Pie

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE



THE HUMANE SOCIETY
OF THE UNITED STATES

YIELD: ½ hotel pan

12 (6 oz.) Servings

Ingredients	Weight	Measure
Dark red kidney beans (canned)	15	Oz.
Diced tomatoes with juice (canned)	15	Oz.
Dark chili powder	¼	cup
Onion (chopped medium)	1	cup
Red bell pepper (diced)	1	cup
Green bell pepper (diced)	1	cup
Water	4	cups
Steel cut oats	1	cup
Tomato paste	16	Oz.
Cornbread		
Cornmeal	1	cup
All-purpose flour	1.5	cup
Salt	1	tsp
Baking powder	1	Tbsp.
Soy milk	1.5	cup
Earth Balance	4	Oz.
Vegetable oil	4	Oz.
Just mayo or other vegan mayo	½	cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Sauté onions, peppers, and garlic
2. Add beans, tomatoes and chili powder
3. Add water
4. Add raw steel cut oats
5. Bring to a boil, reduce heat to medium and continue to cook for 20 minutes
6. Add tomato paste, stir, and taste to determine if more chili powder is needed
7. Pour chili in ½ hotel pan, top with cornbread and bake at 350 degrees until done, about 20 minutes

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

6 oz. serving. Garnish with fresh chopped green onions.

Nutrition Information *From USDA Nutrient Database

Calories: 489 Total Fat: 26g Saturated Fat: 4g Carbohydrate: 56g Protein: 11g Sodium: 993mg

Cornbread:

1. Blend all ingredients and pour over chili
2. Bake in 375 degree oven for 15-20 minutes until golden brown