



TACO PIE WITH BEANS USDA

SERVINGS: 50 CALORIES: 264 KCAL

This taco pie is a flavorful and filling entree! A layered flour tortilla bake is filled with pinto beans, salsa, cheddar cheese and is seasoned with a taco mix.

INGREDIENTS

8 pounds 7 ounces Canned pinto beans, drained or dry pinto beans, cooked
 6 ounces Taco seasoning mix
 2-1/2 cups Water
 2 pounds 3 ounces Canned salsa
 2 pounds 6 ounces Canned tomato puree
 1 quart Water
 40 each Enriched flour tortillas, 8-inch (at least 1.5 oz each)
 2 pounds Reduced fat cheddar cheese, shredded

INSTRUCTIONS

1. Drain beans, and mash.
2. Sprinkle the taco seasoning mix over beans.
3. Add water and allow to simmer for 15 minutes.
4. In a bowl, combine salsa, tomato puree, and water.
5. Cut tortillas in halves.
6. Lightly coat steam table pans (12" x 20" x 2 1/2") with pan release spray. For 50 servings, use 2 pans.
7. Assembly

Bottom layer: Place 16 half-tortillas in bottom of pan. Distribute 1 lb 8 oz (3 1/3 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 1/2 cups) shredded cheese over taco sauce.

Middle layer: Place 12 half-tortillas on top of the taco sauce. Distribute 1 lb 8 oz (3 1/3 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 1/2 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 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
10. Let pie rest for 5 minutes before portioning. Cut each pan 5 x 5 (25 pieces per pan).

RECIPE NOTES

CCP: Heat to 165° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher.

Special Tip:

SOAKING BEANS

Overnight method: Add 1 3/4 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 3/4 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

Once the beans have been soaked, add 1/2 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 $\frac{3}{8}$ cups dry or 5 $\frac{1}{4}$ cups cooked beans.

Crediting: 1 piece provides 2 oz equivalent meat/meat alternate, $\frac{1}{4}$ cup of vegetable, and 1.25 oz grain equivalent

NUTRITION FACTS PER SERVING (1PIECE)

Calories: 264 kcal | Fat: 6.49 g | Saturated fat: 2.86 g | Cholesterol: 10 mg | Sodium: 960 mg | Carbohydrates: 38.22 g |

Fiber: 4.8 g | Protein: 13.69 g | Calcium: 2580 %

This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.