

# PUEBLO PIE

## Main Dish

Makes 48 servings (2 ½ x 3 inch).

Each serving has: 202 calories, 4 grams (g) of fat, 35 g carbohydrate, 9 g protein, 7 g fiber and 585 mg sodium.

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|   |                                       |
|---|---------------------------------------|
| ½ c. water                                | 1 ½ c. roasted red peppers, chopped   |
| 1 ½ qt. onions, chopped                   | ½ c. tahini                           |
| 2 Tbsp. garlic, minced                    | ½ c. lemon juice                      |
| 1 - No. 10 can crushed tomatoes           | 48 corn tortillas, torn in half       |
| 1 ½ c. TVP (textured vegetable protein)   | 1 - No. 10 can vegetarian chili beans |
| 3 c. water                                | 1 qt. green onion, chopped            |
| ½ c. chili powder                         | 1 qt. plus 2 c. corn, fresh or frozen |
| 2 Tbsp. ground cumin                      | 2 c. olives, chopped                  |
| 1 ½ tsp. salt                             |                                       |
| 1 qt. plus 2 c. canned chickpeas, drained |                                       |

Heat ½ cup of water in a large pot or skillet and cook the onions and garlic about 5 minutes, until soft. Add the tomatoes, TVP, remainder of water, chili powder, cumin, and salt. Simmer over medium heat 10 to 15 minutes. Process the chickpeas, roasted peppers, tahini, and lemon juice in a food processor or blender until very smooth. Preheat oven to 350 F. Spread a thin layer of the tomato sauce in the bottom of a No. 200 half pan. Cover with a layer of tortillas. Then spread with a thin layer of the garbanzo bean mixture. Sprinkle with some of the chili beans, green onions, corn, and olives. Spread a layer of tomato sauce over the top. Repeat the layers twice, ending with the tomato sauce. Make sure all of the tortillas are covered. Cover with foil and bake for 30 minutes.

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NDSU EXTENSION  
SERVICE