



Beef Taco Pie (or Bean Taco Pie)

Makes: 50+ child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
¼ cup	vegetable oil	60 mL
5 lbs	ground beef, lean or extra lean, thawed OR 10 cups (2.5L) cooked or canned beans, drained and rinsed	2.27 kg
3	onions, diced	3
4 cloves	garlic, minced	4 cloves
3	red peppers, diced	3
3 (28 oz) cans	low sodium tomatoes, diced or crushed	3 (796 mL) cans
2 tbsp	cumin, ground	30 mL
¼ cup	chili powder	60 mL
1 tsp	salt	5 mL
6 cups	corn, frozen whole kernel	1.5 L
3 cups	fresh cilantro, chopped	750 mL
8 cups (2 lbs)	mozzarella, grated	2 L (950 g)
25	whole wheat tortilla shells (10 inch / 25 cm)	25
Optional:	pepper	

Note: Nutrition Information is on page 2.

Instructions

1. Preheat oven to 400°F (205°C).
2. Heat oil in a large pot over medium-high heat. Add beef and cook until no longer pink. Drain fat.
3. Add onion and cook until soft.
4. Add the garlic and cook 2 minutes.
5. Stir in the tomatoes, corn, spices, salt, and pepper (if using). Bring to a simmer and cook until slightly thickened, about 30 minutes.

6. Remove from the heat and stir in the cilantro.
7. Spray necessary number of baking dishes or pie plates with cooking spray.
8. Arrange half of the tortillas in the bottom of dishes.
9. Top with half of the meat mixture, then half of the cheese.
10. Repeat with the remaining tortillas, meat, and cheese.
11. Cover loosely with foil and bake until the cheese melts, about 10 minutes

Vegetarian Substitution suggestion: Bean Taco Pie (see recipe)

Nutrition Information
Serving 190 g
Calories 260
Fat 11 g
Saturated 4.5 g
+ Trans 0 g
Sodium: 400 mg
Carbohydrates: 24 g
Fibre 2 g
Sugars 4 g
Protein 17 g
Calcium 120 mg
Iron 1.5 mg

Food Guide Servings
1 Vegetable & Fruit
1 Grain Product
½ Milk & Alternative
1 Meat & Alternative