

TEX-MEX SHEPHERD'S PIE



Ingredients	100 Servings		Directions
	Weight	Measure	
Russet potatoes, fresh Or Dehydrated, instant mashed potatoes	24 pounds raw Or dehydrated		<p>Scrub and peel the potatoes, cut into quarters and place in a perforated steamer pan, large stockpot, tilt skillet or steam-jacketed kettle. If using a steamer, steam until the potatoes are tender. If using a stockpot, tilt skillet or kettle, cover with cold water, bring to a boil, and then reduce to a simmer. Continue to simmer until the potatoes are tender, about 20 minutes. Internal temperature should reach at least 135°F. Drain the potatoes.</p> <p>Or if using dehydrated instant mashed potatoes, follow the manufacturer's instructions for preparing the desired number of 1/2 cup servings. Hold hot at or above 135°F until service.</p> <p>Combine the milk, garlic powder and salt, and heat to 135°F.</p> <p>Place the potatoes in the bowl of a floor mixer, and mash using the paddle attachment for the mixer. Stop mashing when the potatoes are broken apart but not completely smooth. If no mixer is available, mash using a potato masher.</p> <p>Pour in the warm milk mixture and continue to mash the potatoes until smooth with a few lumps.</p> <p>Brown the ground beef in a large sauté pan, tilt skillet or steam-jacketed kettle. Add the diced onions and continue to cook until the onions are softened. Stir in the chili powder, cumin, oregano, garlic powder and salt. Add the corn, crushed tomatoes and green chiles, and bring the meat to a simmer. Continue to cook 10–20 minutes, partially covered, stirring occasionally. Divide evenly between 4 full-size 2-inch steamtable pans. Top the beef mixture with mashed potatoes, dividing evenly between each pan, and spread to the edges.</p> <p>Divide the cheese evenly between each pan, sprinkling over the potatoes. Bake in a preheated 400°F oven for about 15 minutes, or until the potatoes are lightly browned and the filling bubbles. Hold at or above 140°F until service. Cut each 2-inch pan 5 x 5 for 25 even portions per pan.</p>
Milk, lowfat 1%		2 quarts	
Garlic powder		1 tablespoon	
Salt		1 tablespoon	
Ground beef, raw, 85/15	12 pounds 10 ounces		
Onion, yellow, raw, diced	12 ounces	2 1/2 cups	
Chili powder		1/4 cup 2 tablespoons	
Cumin, ground		1/4 cup	
Oregano, dry		2 tablespoons	
Garlic powder		1 tablespoon	
Salt		2 teaspoons	
Corn kernels, yellow, frozen		6 cups	
Tomatoes, crushed, canned		4 quarts 4 cups	
Green chiles, diced, canned	3 pounds		
Cheddar cheese, reduced fat, shredded	3 pounds 2 ounces		

Serving Size	1 Serving Provides				
1 portion	1/2 cup starchy vegetable, 2 ounce equivalent meat, meat alternate				
Nutrients Per Serving					
Calories	291	Saturated Fat	5.3 g	Iron	3 mg
Protein	19 g	Cholesterol	51 mg	Calcium	182 mg
Carbohydrate	28 g	Vitamin A	402 IU	Sodium	420 mg
Total Fat	12.1 g	Vitamin C	16 mg	Dietary Fiber	3 g