

PUEBLO PIE

Meat/Meat Alternate-Grains-Main Dishes

Ingredients	48 Servings Measure	96 Servings Measure	Directions
Water	1 C	2 C	<ol style="list-style-type: none"> 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, balance of water, chili powder, cumin, and salt. Simmer over medium heat 10 to 15 minutes. Process the garbanzo beans, 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 #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.
Onions, chopped	1½ qt	3 qt	
Garlic, minced	2 T	4 T	
Tomatoes, canned, crushed	1 #10 can	2 #10 cans	
TVP (textured vegetable protein)	1⅓ C	2⅔ C	
Water	3 C	6 C	
Chili powder	½ C	1 C	
Cumin, ground	2 T	4 T	
Salt	1½ tsp	3 tsp	
Chickpeas, canned, drained	1 qt, 2 C	3 qt	
Roasted red peppers, chopped	1½ C (3 peppers)	3 C (6 peppers)	
Tahini (sesame seed butter)	½ C	1 C	
Lemon juice	½ C	1 C	
Corn tortillas, torn in half	48	96	
Vegetarian chili beans	1 #10 can	2 #10 cans	
Green onion, chopped	1 qt	2 qt	
Corn, fresh or frozen	1 qt, 2 C	3 qt	
Olives, chopped	2 C	1 qt	

Serving	Yield	Volume
2½ x 3-inches	48 Servings:	3 half pans
	96 Servings:	6 half pans

Nutrients Per Serving					
Calories	202 kcal	Saturated Fat	0.6 g	Iron	4 mg
Protein	9 g	Cholesterol	0 mg	Calcium	102 mg
Carbohydrate	35 g	Vitamin A	804 IU	Sodium	585 mg
Total Fat	4.2 g	Vitamin C	25 mg	Dietary Fiber	7 g

Notes

Equipment list: large skillet or pot, food processor, 3-6 half pans.