

## Recipe Name: Beef Taco Pie

### EQUIPMENT LIST

Pie Tin	Cutting Board	Chef Knife
Saute Pan (12" or large saucepan)	Spatula or Wooden Spoon	Strainer
Stainless Steel Bowl	Whisk	

### INGREDIENT LIST

Amount	Unit	Food Items
2	cups	Masa Flour
1/2	cup	Water
1	ea	Egg, Large
1	lbs	Ground Beef
1	each	Onion, small, diced
1	can	Tomatoes, diced with juice
1	can	Corn, drained and rinsed (Not creamed) Low sodium preferred
1	can	Pinto or Black beans, drained and rinsed, Low sodium preferred
1	packet	Taco Seasoning
3/4	cup	Cheese, Shredded (Mexican blend or cream)

### PROCEDURES

Preheat oven to 350F
Whisk the egg in a bowl, add masa flour and about half of the water, mix until a dough forms, add water as needed.
Spread out the masa dough in your pie tin in an even layer (adding water to your hands will help)
Bake for 20 minutes
While the shell is cooking, brown your ground beef in your saute pan, then drain.
Cook your onions in the remaining fat in the pan
Return the ground beef to the pan and add your taco seasoning, stir to combine
Deglaze your pan with the tomatoes in juice (add tomatoes and scrap the bottom of the pan)
Add the corn and beans, heat until all items reach 135F
Taste, add seasoning as you see fit (Pepper, Cayenne, etc) Add stock or water if the mixture gets too dry
Place the mixture into pie shell, top with cheese, return to the oven for about 5 minutes to melt the cheese
Remove from the oven, let sit for 5 minutes and serve

I found that if you use a 9" pie tin (about 1.25" tall) that the mixture is enough for 2 pies. If you would like to make a second Masa pie dough you can make two pies. The remaining mixture could also be used in a taco shell or flour tortilla.