

TAMALE SALAD w/ CORNBREAD CROUTONS

YIELD: 100 SALADS

Chef Vanessa LaBranche

Here is a twist for tamale salad using cornbread croutons. The beef mixture is seasoned with a spice blend you can easily make ahead of time. For a vegetarian option, kidney beans can be used in place of the beef to meet dietary requirements.

INGREDIENTS

- 8 1/4 # of lean ground beef, cooked and drained (10.85# purchased)
- 2 TBSP chili powder
- 2 TBSP smoked paprika
- 2 TBSP cumin
- 2 TBSP onion powder
- 2 TBSP of garlic powder
- 2 TBSP brown sugar
- 2 TBSP oregano
- 2 quarts tomato sauce
- 30 # shredded lettuce
- 10 # grape tomatoes, sliced
- 3.125# reduced fat cheddar cheese, shredded
- Prepared Buttermilk Cornbread recipe

DIRECTIONS

1. Using a tilt skillet, cook beef and drain off excess fat. Add chili powder, smoked paprika, cumin, onion powder and garlic powder and cook until fragrant, about 3 minutes. Continue cooking until beef is full cooked.
2. Add the tomato sauce, oregano and brown sugar and let simmer for 20 minutes with the circle vent slightly opened to allow the tomato sauce to reduce, stirring frequently. When done, place into hotel pans.
3. While the beef mixture is cooking, prepare the cornbread croutons, by slicing into 1-inch squares. Spray with cooking spray and place onto sheet pans into a 350F oven for 20 minutes or until crispy and beginning to brown.

TO SERVE:

Place 2 cups of chopped Romaine into a bowl, top with 1/4 cup tomatoes, 1 ounce ground beef mixture, 3 oz cornbread croutons & 1/2 oz of cheddar cheese.

RECIPE NOTES - TAMALE SALAD w/ CORNBREAD CROUTONS

One serving credits as 1 cup dark green vegetable, 1/4 cup red/orange vegetable and 1.75 oz. M/MA Nutritional information per serving*: 242 calories; 4.9 g sat. fat; 293 mg sodium; 21.5 g carbohydrate

** nutrient data and allergen information may vary depending on the specific ingredients and equipment used in your location.*