



Taco Pie

Serves: 8 | Serving Size: 1/8 pie

Ingredients Needed:

- 1 (15.5 oz.) can of beans (kidney or pinto) or 1/2 pound lean ground beef or ground turkey
- 1 Tbsp. oil
- 1/2 cup chopped onion
- 1 envelope taco seasoning mix or make-your-own taco seasoning mix (see below)
- 1-1/4 cups skim or 1% milk
- 3/4 cup All-Purpose Convenience Mix
- 3 eggs
- 2 medium tomatoes, washed and sliced
- 1 cup reduced-fat shredded cheddar cheese

Directions:

1. Heat oven to 400°F.
2. Lightly oil or spray a pie pan.

3. If using canned beans – add 1 Tbsp. oil in a pan or skillet and saute onion, then add drained and rinsed canned beans
4. If using ground beef or turkey – add 1 Tbsp. oil in pan or skillet, cook and stir ground meat and onion over medium heat until meat is brown. Drain excess fat.
5. Stir in taco seasoning mix.
6. Spread meat mixture into pie pan.
7. In mixing bowl, beat milk, Convenience Mix, and eggs until smooth using wire whisk or fork.
8. Pour into pie plate. Bake for 25 minutes.
9. Top pie with tomato slices and cheese.
10. Bake until knife inserted between center and edge comes out clean, about 8-10 minutes longer.
11. Cool 5 minutes before serving.

Variation:

To decrease fat and cholesterol, use 1 (15.5 oz.) can of beans (kidney or pinto) instead of ground beef. Ground turkey can also be substituted for ground beef.

You can substitute 1 teaspoon chili powder, 1 teaspoon cumin, 1/2 teaspoon sugar, 1/4 teaspoon salt, and 1/8 teaspoon pepper for the packaged taco seasoning mix.

Recipe adapted from Michigan State University Extension.