



Colorado Cowboy's Bean Pie

Chef Ron Pickarski, Eco-Cuisine

Yield Portions: 26 portions protein (6 oz. each)

Filling = 1 half size steam table pan as a loaf or 1 full sized shallow steam pan for shepherd's Pie

Loaf & Spice Mix

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| 17 ounces | Eco-Cuisine "Ground Beef Style" Quick Mix |
| 5 ounces | Eco Chicken Mix |
| 5 teaspoons | Cumin Powder |
| 5 teaspoons | Chili Powder |
| 1 tablespoon | Smoked Yeast OR 1/4 th tsp liquid smoke flavor (smoke flavor optional) |
| 4 cups / 2-1/4 lbs. | Colorado Pinto Beans, cooked, drained (1 qt.= approx. 2-1/4 th lbs.) |
| 4-1/4 cups | Water |
| 1/2 cup | Canola Oil |

Whipped Potatoes Yield: 5 lbs.

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| 11-1/2 cups/3.5 lb | Strohauer Farms Russet potatoes, washed, diced, Peel (optional) & cooked |
| 1/2 cup | Canola oil |
| 2-1/2 cups | Red Bell Pepper, fine diced |
| 1/2 cup | Cilantro, fresh, chopped |
| 2-1/2 teaspoons | Sea salt |
| 1 cup | Soy milk |
| 3-1/2 cups | Cooked Pinto Beans |

1. Preheat oven to 375 degrees F if baking the loaf. Mix all five dry ingredients together and set aside
2. Mix beans into protein mix until evenly dispersed. Let stand for 10-15 minutes.
3. Add water and oil and mix until evenly incorporated. Generously oil full size shallow steam plan and evenly pack protein into pan.
4. Potatoes - Place the potatoes in an 8-quart pot, cover them with water and add a 1/4 teaspoon salt. Bring them to a simmer over medium heat and cook until they are soft. Drain and place the cooked potatoes,
5. In a sauté pan, add oil, and peppers and sauté for 5 minutes on medium heat. In mixing bowl using a paddle, add peppers, cilantro, salt, and soy milk. Whip slowly to incorporate then on high speed until smooth and creamy (about 3-5 minutes). On slow speed, add beans to incorporate (about 30 second). Spread evenly on protein.
6. Cover with foil and place in oven and bake at 375 degrees F. for 45 minutes or until internal temperature reaches 160 degrees F. Remove, let sit for 15 minutes, remove from pan, slice and serve. It is optional to slice loaf in pan. Serve 3 oz. slice with 1/4 cup Enchilada Sauce.

If steaming, cover with plastic wrap to prevent potatoes from becoming soggy and steam about 30-45 minutes or until internal temperature reaches 160 degrees F.

6-1/2 cups Chili Cherry Salsa or sauce/salsa. of choice

