



## Beef and Pork Tamale Pie

 Gluten Free

READY IN



85 min.

SERVINGS



6

CALORIES



836 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 tablespoons chipotle in adobo sauce seeded finely chopped
- 1 cup beef stock
- 12 ounce mexican beer (recommended: Negra Modelo)
- 2 tablespoons butter
- 1.5 cups chicken stock see
- 1 tablespoon coriander (scant palmful)
- 4 cloves garlic finely chopped
- 0.3 teaspoon ground cinnamon

- 1 tablespoon ground cumin (scant palmful)
- 1 pound ground pork
- 1.5 pound ground sirloin
- 1 tablespoon honey generous
- 1.5 cups milk
- 1 onion finely chopped
- 1 cup cooking polenta quick
- 6 servings salt and pepper black freshly ground
- 1.5 cups cheddar cheese smoked shredded
- 0.3 cup tomato paste
- 2 teaspoons cocoa powder unsweetened
- 1 tablespoon vegetable oil

## Equipment

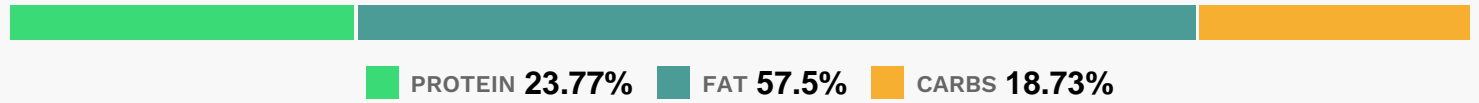
- frying pan
- whisk
- broiler

## Directions

- Heat 1 tablespoon oil in a large skillet over high heat, add pork and sirloin and brown.
- Add the onions, garlic, chipotle, adobo sauce, cumin, coriander, cocoa powder, cinnamon, salt, and pepper, cook 5 minutes to soften bits of onions. Stir in the tomato paste and cook 1 minute more.
- Add the beer and scrape up the drippings.
- Add 1 cup beef stock and heat through to combine the flavors then cool completely and store for make-ahead meal.
- The night you would like to serve tamale pie, reheat in a skillet over medium heat while you make the quick-cooking polenta. Preheat broiler.
- Heat chicken stock and milk to a boil, then whisk in the polenta and cook until thick, 3 minutes. Cook's Note: Polenta needs to be very thick.

- Stir in butter and honey and season with salt and coarse black pepper.
- Spread the thick polenta in an even layer over the tamale filling. Top the polenta with cheese and brown under broiler.

## Nutrition Facts



### Properties

Glycemic Index:63.96, Glycemic Load:4.91, Inflammation Score:-7, Nutrition Score:28.63782604881%

### Flavonoids

Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

### Nutrients (% of daily need)

Calories: 835.7kcal (41.79%), Fat: 52.06g (80.1%), Saturated Fat: 22.22g (138.85%), Carbohydrates: 38.17g (12.72%), Net Carbohydrates: 36.14g (13.14%), Sugar: 9.73g (10.81%), Cholesterol: 178.95mg (59.65%), Sodium: 611.97mg (26.61%), Alcohol: 2.21g (100%), Alcohol %: 0.55% (100%), Protein: 48.43g (96.85%), Selenium: 53.45µg (76.36%), Vitamin B12: 3.64µg (60.63%), Phosphorus: 599.46mg (59.95%), Zinc: 8.51mg (56.7%), Vitamin B3: 10.97mg (54.85%), Vitamin B1: 0.74mg (49.39%), Vitamin B6: 0.94mg (46.94%), Vitamin B2: 0.7mg (41.3%), Calcium: 334.3mg (33.43%), Potassium: 1026.76mg (29.34%), Iron: 4.85mg (26.96%), Magnesium: 78.12mg (19.53%), Vitamin B5: 1.68mg (16.84%), Vitamin A: 747.57IU (14.95%), Copper: 0.27mg (13.62%), Manganese: 0.22mg (11.17%), Vitamin E: 1.49mg (9.94%), Vitamin K: 8.88µg (8.46%), Fiber: 2.03g (8.13%), Folate: 30.38µg (7.59%), Vitamin D: 0.95µg (6.36%), Vitamin C: 5.14mg (6.23%)