



Colombian-style Cottage Pie

READY IN



75 min.

SERVINGS



4

CALORIES



1290 kcal

Ingredients

- 14 ounce canned tomatoes diced canned
- 2 tablespoons flour
- 2 pounds ground beef
- 4 servings pepper black freshly ground
- 2 cups chicken broth low sodium homemade store-bought
- 1.5 cups onion diced finely
- 1 tablespoon tomato paste
- 6 tablespoons butter unsalted
- 0.5 cup milk whole
- 2.5 pounds cassava peeled

Equipment

- bowl
- sauce pan
- oven
- casserole dish
- wooden spoon
- spatula
- dutch oven
- potato ricer

Directions

- Adjust oven rack to middle position and preheat oven to 400°F.
- Place yuca in a saucepan and cover with cold water. Bring to a boil over medium-high heat and cook until completely tender, about 20 minutes.
- Meanwhile, melt 2 tablespoons butter over medium-high heat in a large Dutch oven.
- Add onions and tomatoes and cook, stirring occasionally, until totally softened but not browned, about 6 minutes.
- Add beef and cook, stirring and breaking up meat until no longer pink. Season to taste with salt and pepper. Stir in flour and cook for 1 minute.
- Add broth and bring to a boil. Continue to cook until reduced to a stew-like consistency.
- Transfer to a 3-quart casserole dish and set aside.
- When yuca is cooked, press through a ricer into a large bowl.
- Cut remaining 4 tablespoons butter into pats and add to yuca along with milk. Stir with a spatula or wooden spoon until incorporated into mash. If yuca is too thick to spoon easily, add water until thin enough to handle. Season to taste with salt and pepper.
- Spoon yuca over the beef mixture and place in the oven.
- Bake until golden brown and bubbly, about 30 minutes.
- Let cool slightly and serve.

Nutrition Facts

PROTEIN 15.22% FAT 45.42% CARBS 39.36%

Properties

Glycemic Index:79.06, Glycemic Load:69.12, Inflammation Score:-8, Nutrition Score:42.216086988864%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.18mg, Quercetin: 12.18mg, Quercetin: 12.18mg, Quercetin: 12.18mg

Nutrients (% of daily need)

Calories: 1290.34kcal (64.52%), Fat: 65.27g (100.41%), Saturated Fat: 29.25g (182.84%), Carbohydrates: 127.27g (42.42%), Net Carbohydrates: 118.97g (43.26%), Sugar: 13.86g (15.4%), Cholesterol: 209.84mg (69.95%), Sodium: 406.01mg (17.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.19g (98.39%), Vitamin C: 72.84mg (88.3%), Vitamin B12: 5.17µg (86.2%), Vitamin B3: 15.29mg (76.46%), Zinc: 11.13mg (74.19%), Manganese: 1.42mg (71.14%), Vitamin B6: 1.24mg (62.22%), Phosphorus: 562.81mg (56.28%), Selenium: 39.18µg (55.97%), Potassium: 1957.12mg (55.92%), Iron: 7.14mg (39.64%), Vitamin B2: 0.65mg (38.18%), Copper: 0.71mg (35.6%), Fiber: 8.3g (33.19%), Vitamin B1: 0.5mg (33.08%), Magnesium: 131.87mg (32.97%), Folate: 124.71µg (31.18%), Vitamin E: 3.4mg (22.66%), Vitamin B5: 1.95mg (19.52%), Calcium: 183.44mg (18.34%), Vitamin A: 887.13IU (17.74%), Vitamin K: 17.16µg (16.34%), Vitamin D: 0.88µg (5.85%)