



Cornbread-topped Beef and Chorizo Pot Pie

 Dairy Free

READY IN



105 min.

SERVINGS



8

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups beef broth
- ☐ 30 ounce black beans drained and rinsed canned
- ☐ 29 ounce tomatoes diced canned
- ☐ 2 tablespoons canola oil divided
- ☐ 2 tablespoons chili powder
- ☐ 8 ounces chorizo sausage cut fresh
- ☐ 1 pound beef chuck boneless cut into 1/2-inch cubes
- ☐ 8 servings cornbread

- ☐ 2 garlic clove minced
- ☐ 2 teaspoons ground cumin
- ☐ 1 onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 bell pepper red chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup tomato paste

Equipment

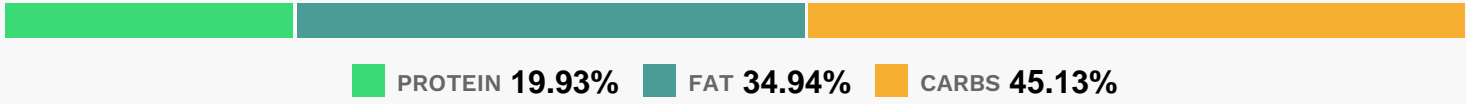
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Combine first 4 ingredients in a small bowl.
- ☐ Sprinkle beef with 2 tablespoons spice mixture.
- ☐ Heat 1 tablespoon oil in a large Dutch oven over medium-high heat; add half of beef and cook, stirring occasionally, 6 minutes or until well browned.
- ☐ Transfer beef to a plate. Repeat with remaining beef.
- ☐ Add remaining 1 tablespoon oil to Dutch oven. Crumble chorizo, and cook 5 minutes or until browned.
- ☐ Add onion and garlic; cook, stirring occasionally, 5 minutes or until vegetables are softened. Stir in remaining spice mixture.
- ☐ Add broth and beef, and bring to a boil. Reduce heat, cover, and simmer 45 minutes or until beef is tender.
- ☐ Stir in tomatoes, black beans, bell pepper, and tomato paste, and return to a boil. Reduce heat and simmer, uncovered, about 15 minutes or until chili is slightly thickened and bell pepper is tender.

- ☐ Meanwhile, preheat oven to 40
- ☐ Transfer chili to a lightly greased 13- x 9-inch baking dish. Spoon Cornbread Topping over chili, and place baking dish on a baking sheet.
- ☐ Bake 20 minutes or until topping is browned.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:1.1, Inflammation Score:-9, Nutrition Score:26.680000009744%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg

Nutrients (% of daily need)

Calories: 520.17kcal (26.01%), Fat: 20.55g (31.61%), Saturated Fat: 7.89g (49.29%), Carbohydrates: 59.72g (19.91%), Net Carbohydrates: 48.28g (17.56%), Sugar: 14.42g (16.02%), Cholesterol: 93.32mg (31.11%), Sodium: 1356.3mg (58.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.37g (52.73%), Phosphorus: 508.38mg (50.84%), Vitamin C: 39.77mg (48.21%), Fiber: 11.44g (45.77%), Iron: 6.79mg (37.73%), Zinc: 5.62mg (37.45%), Vitamin A: 1566.73IU (31.33%), Vitamin B3: 6.19mg (30.95%), Folate: 120.34µg (30.08%), Manganese: 0.6mg (30.02%), Vitamin B6: 0.58mg (28.94%), Potassium: 1008.1mg (28.8%), Vitamin B12: 1.73µg (28.8%), Selenium: 19.87µg (28.38%), Vitamin B2: 0.43mg (25.57%), Vitamin B1: 0.38mg (25.12%), Copper: 0.42mg (20.93%), Vitamin E: 3.12mg (20.79%), Magnesium: 82.62mg (20.66%), Calcium: 190.83mg (19.08%), Vitamin K: 13.19µg (12.57%), Vitamin B5: 1.12mg (11.24%)