



Freeze-Ahead Tamale Pies

 Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups ground beef frozen
- 15 oz pinto beans rinsed drained canned
- 14.5 oz tomatoes diced undrained canned
- 8 oz tomato sauce canned
- 4 oz chilis green chopped canned
- 1 cup cornmeal yellow
- 0.8 cup water
- 3.3 cups water

- 1 teaspoon salt
- 3 oz cheddar cheese shredded

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- pot
- aluminum foil
- ziploc bags

Directions

- Spray foil pans with cooking spray. In large bowl, mix frozen beef, beans, tomatoes, tomato sauce and chiles. Divide mixture evenly among pot pie pans, about 3/4 cup each.
- In small bowl, mix cornmeal and 3/4 cup water. In 2-quart saucepan, heat 3 1/4 cups water and the salt to boiling.
- Add cornmeal mixture, stirring constantly. Cook over medium heat 4 to 5 minutes, stirring constantly, until mixture thickens and boils; reduce heat.
- Cover and simmer about 10 minutes, stirring occasionally, until very thick; remove from heat. Stir until smooth. Spoon and spread about 2/3 cup cornmeal mixture over each pie, sealing to edges.
- Cover loosely with foil; freeze about 1 hour.
- Place in freezer container or resealable freezer plastic bags; seal well and label. Freeze up to 2 months.
- To bake, heat oven to 350°F. Do not thaw.
- Place desired number of pot pies on cookie sheet.
- Bake uncovered 40 to 50 minutes or until filling is hot and bubbly.
- Sprinkle each with 2 tablespoons cheese; bake 3 to 5 minutes longer or until cheese is melted.

Nutrition Facts

PROTEIN 21.3% FAT 45.56% CARBS 33.14%

Properties

Glycemic Index:30.92, Glycemic Load:15.64, Inflammation Score:-6, Nutrition Score:18.841304442157%

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 Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 432.9kcal (21.64%), Fat: 22.03g (33.89%), Saturated Fat: 8.87g (55.43%), Carbohydrates: 36.04g (12.01%), Net Carbohydrates: 28.72g (10.44%), Sugar: 4.16g (4.62%), Cholesterol: 67.42mg (22.47%), Sodium: 1081.59mg (47.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.17g (46.35%), Zinc: 5.09mg (33.91%), Phosphorus: 333.55mg (33.36%), Vitamin B6: 0.6mg (29.83%), Fiber: 7.32g (29.3%), Vitamin B12: 1.76µg (29.25%), Iron: 4.59mg (25.52%), Vitamin B3: 5mg (25.02%), Manganese: 0.5mg (24.92%), Selenium: 17.2µg (24.58%), Potassium: 756.86mg (21.62%), Magnesium: 83.87mg (20.97%), Vitamin C: 15.98mg (19.37%), Calcium: 186.92mg (18.69%), Copper: 0.35mg (17.28%), Vitamin B2: 0.28mg (16.32%), Folate: 53.34µg (13.33%), Vitamin B1: 0.19mg (12.97%), Vitamin E: 1.93mg (12.84%), Vitamin B5: 0.9mg (9.03%), Vitamin A: 409.67IU (8.19%), Vitamin K: 6.28µg (5.98%), Vitamin D: 0.16µg (1.07%)