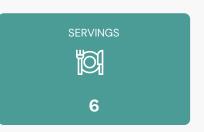
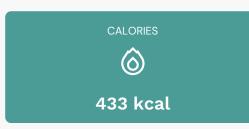


Freeze-Ahead Tamale Pies

Gluten Free







LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

3.3 cups water

2 c	cups ground beef frozen
15	oz pinto beans rinsed drained canned
14.	5 oz tomatoes diced undrained canned
8 0	oz tomato sauce canned
4 c	oz chilis green chopped canned
1 c	up cornmeal yellow
0.8	3 cup water

	1 teaspoon salt
	3 oz cheddar cheese shredded
Εq	uipment
	bowl
	baking sheet
	sauce pan
	oven
	pot
	aluminum foil
	ziploc bags
Dii	rections
	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, Kae

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: Og (100%), Alcohol %: O% (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%)