

## How to Make Tamale Pie

 Popular

READY IN



90 min.

SERVINGS



6

CALORIES



975 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 17 ounce corn muffin mix dry jiffy® (such as )
- ☐ 2 eggs
- ☐ 8 ounces regular corn frozen thawed
- ☐ 2 pounds ground beef
- ☐ 1 teaspoon ground chipotle pepper dried
- ☐ 0.7 cup milk divided
- ☐ 4 ounces monterrey jack cheese shredded divided
- ☐ 0.5 teaspoon oregano dried

- ☐ 2 cups poblano peppers diced
- ☐ 16 ounce salsa
- ☐ 1 teaspoon salt
- ☐ 4 ounces cheddar cheese shredded divided

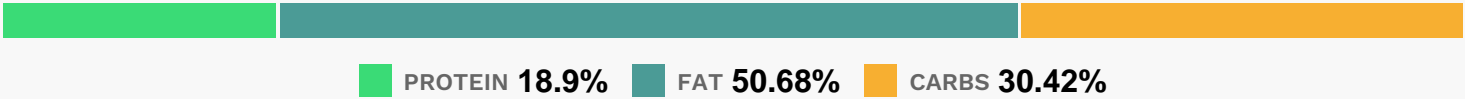
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ casserole dish
- ☐ dutch oven

## Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ Spray a 9x13-inch casserole dish with cooking spray.
- ☐ Cook and stir ground beef in a Dutch oven over medium-high heat until meat starts to brown and release juices, about 5 minutes.
- ☐ Reduce heat to medium and stir in poblano peppers, salt, salsa, oregano, and chipotle powder; cook and stir until seasoned beef is crumbly and no longer pink, about 10 minutes.
- ☐ Mix one package of corn muffin mix in a large bowl with 1 egg and 1/3 cup of milk.
- ☐ Whisk to combine. In a separate large bowl, mix the second package of corn muffin mix with 1 egg, 1/3 cup of milk and half the Cheddar and Monterey Jack cheeses.
- ☐ Spread the prepared corn muffin mixture without cheese into the prepared baking dish.
- ☐ Sprinkle corn over the muffin mix, followed by remaining half of the cheeses, then the beef mixture.
- ☐ Spoon the corn muffin mix with cheese on top of the beef and carefully spread over the top with a fork, leaving about half an inch from the edges of the pan.
- ☐ Bake in the preheated oven for 50-60 minutes, until golden brown.

# Nutrition Facts



## Properties

Glycemic Index:17.83, Glycemic Load:0.79, Inflammation Score:-8, Nutrition Score:35.986521679422%

## Flavonoids

Luteolin: 2.34mg, Luteolin: 2.34mg, Luteolin: 2.34mg, Luteolin: 2.34mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

## Nutrients (% of daily need)

Calories: 974.92kcal (48.75%), Fat: 55.03g (84.66%), Saturated Fat: 22.39g (139.92%), Carbohydrates: 74.35g (24.78%), Net Carbohydrates: 65.68g (23.88%), Sugar: 21.96g (24.4%), Cholesterol: 202.49mg (67.5%), Sodium: 1918.07mg (83.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.17g (92.34%), Phosphorus: 926.83mg (92.68%), Vitamin B12: 3.94µg (65.7%), Selenium: 41.34µg (59.06%), Zinc: 8.84mg (58.93%), Vitamin B3: 10.91mg (54.55%), Vitamin C: 44.18mg (53.55%), Vitamin B6: 0.98mg (49.07%), Vitamin B2: 0.78mg (45.83%), Calcium: 420.82mg (42.08%), Vitamin B1: 0.53mg (35.48%), Fiber: 8.67g (34.69%), Iron: 6.23mg (34.61%), Folate: 123.15µg (30.79%), Potassium: 991.54mg (28.33%), Manganese: 0.5mg (24.9%), Vitamin A: 1200.03IU (24%), Magnesium: 89.56mg (22.39%), Vitamin B5: 1.91mg (19.05%), Vitamin E: 2.37mg (15.8%), Vitamin K: 16.03µg (15.26%), Copper: 0.29mg (14.48%), Vitamin D: 0.97µg (6.46%)