

Tamale Pie

READY IN



60 min.

SERVINGS



8

CALORIES



672 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons double-acting baking powder
- 2 lb beef chuck boneless cut into 1/2-inch cubes
- 15 oz black beans rinsed drained canned
- 28 oz canned tomatoes crushed canned
- 0.3 teaspoon ground pepper
- 3 tablespoons chili powder
- 1 large eggs lightly beaten
- 1 cup flour all-purpose
- 0.3 cup cilantro leaves fresh finely chopped

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- 10 oz corn frozen
- 4 garlic clove finely chopped
- 0.3 teaspoon ground allspice
- 0.5 teaspoon ground cumin
- 1 teaspoon ground cumin
- 1 medium jalapeno fresh seeded finely chopped
- 2 large jalapeno fresh seeded finely chopped
- 0.8 cup milk
- 1 large onion chopped
- 1 cup pimiento stuffed olives green chopped
- 0.5 teaspoon salt
- 1 teaspoon salt
- 0.8 cup sharp cheddar cheese grated
- 1.5 tablespoons sugar
- 3 tablespoons butter unsalted cooled melted
- 2 teaspoons cocoa powder unsweetened
- 4 tablespoons vegetable oil
- 1.5 cups water
- 1 cup cornmeal yellow (not coarse)

Equipment

- bowl
- oven
- whisk
- pot
- baking pan
- slotted spoon

Directions

- Heat 3 tablespoons oil in a 5- to 6-quart heavy pot over moderately high heat until hot but not smoking, then brown beef in 4 batches, stirring occasionally, about 4 minutes per batch, transferring with a slotted spoon to a bowl.
- Add remaining tablespoon oil to pot and saut onion and jalapeos over moderately high heat, stirring, until onion is softened, about 4 minutes. Reduce heat to moderate, then add garlic, cocoa powder, salt, and spices and cook, stirring, 1 minute. Return beef to pot with any juices that have accumulated in bowl and stir in tomatoes, corn, and water. Simmer chili, uncovered, stirring occasionally, until meat is very tender, 1 1/4 to 1 1/2 hours.
- Remove from heat and stir in beans, olives, cilantro, and salt to taste.
- Transfer chili to a shallow 3-quart baking dish.
- Preheat oven to 400F.
- Whisk together flour, cornmeal, cheese, sugar, baking powder, salt, cumin, cilantro, and jalapeo in a large bowl.
- Whisk together milk, butter, and egg in a small bowl, then stir into flour mixture until just combined.
- Drop batter by large spoonfuls (about
- over chili, spacing them evenly, and bake in middle of oven 10 minutes. Reduce temperature to 350F and bake pie until topping is cooked through, about 30 minutes more.
- Cooks' note: Chili can be made 1 day ahead and cooled, uncovered, then chilled, covered.

Nutrition Facts

 PROTEIN 21.03%  **FAT 44.45%**  **CARBS 34.52%**

Properties

Glycemic Index:81.32, Glycemic Load:22.21, Inflammation Score:-9, Nutrition Score:34.81695641642%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg,

Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg

Nutrients (% of daily need)

Calories: 671.79kcal (33.59%), Fat: 34.24g (52.67%), Saturated Fat: 12.92g (80.75%), Carbohydrates: 59.83g (19.94%), Net Carbohydrates: 48.7g (17.71%), Sugar: 9.49g (10.54%), Cholesterol: 126.12mg (42.04%), Sodium: 1376.42mg (59.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.45g (72.89%), Zinc: 10.87mg (72.44%), Vitamin B12: 3.4µg (56.6%), Selenium: 38µg (54.29%), Phosphorus: 526.37mg (52.64%), Vitamin B6: 0.97mg (48.42%), Vitamin B3: 9.02mg (45.11%), Fiber: 11.13g (44.52%), Iron: 7.46mg (41.42%), Manganese: 0.75mg (37.37%), Potassium: 1199.01mg (34.26%), Vitamin A: 1662.53IU (33.25%), Vitamin B2: 0.56mg (32.93%), Vitamin B1: 0.49mg (32.63%), Vitamin E: 4.41mg (29.43%), Magnesium: 115.69mg (28.92%), Folate: 110.87µg (27.72%), Calcium: 276.18mg (27.62%), Vitamin K: 28.43µg (27.08%), Copper: 0.54mg (26.93%), Vitamin C: 21.63mg (26.22%), Vitamin B5: 1.68mg (16.77%), Vitamin D: 0.63µg (4.22%)