

Tamale Pie

READY IN



180 min.

SERVINGS



8

CALORIES



671 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

- ☐ 10 oz corn frozen
- ☐ 4 garlic clove finely chopped
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.5 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
- ☐ 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

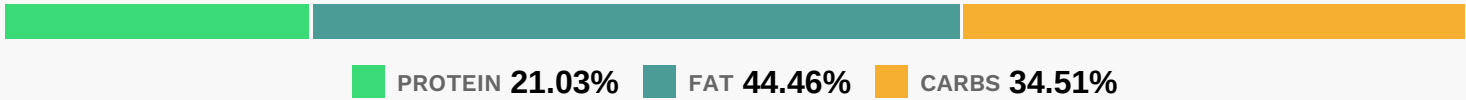
Directions

- ☐ 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 sauté onion and jalapeños 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 400°F.
- ☐ Whisk together flour, cornmeal, cheese, sugar, baking powder, salt, cumin, cilantro, and jalapeño 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 350°F and bake pie until topping is cooked through, about 30 minutes more.
- ☐ · Chili can be made 1 day ahead and cooled, uncovered, then chilled, covered.

Nutrition Facts



Properties

Glycemic Index:76.7, Glycemic Load:22.21, Inflammation Score:-9, Nutrition Score:34.513043134109%

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: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg

Nutrients (% of daily need)

Calories: 670.7kcal (33.53%), Fat: 34.18g (52.58%), Saturated Fat: 12.92g (80.73%), Carbohydrates: 59.7g (19.9%), Net Carbohydrates: 48.61g (17.68%), Sugar: 9.48g (10.53%), Cholesterol: 126.12mg (42.04%), Sodium: 1085.01mg (47.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.39g (72.77%), Zinc: 10.85mg (72.33%), Vitamin B12: 3.4µg (56.6%), Selenium: 37.98µg (54.26%), Phosphorus: 524.8mg (52.48%), Vitamin B6: 0.97mg (48.32%), Vitamin B3: 9mg (45.01%), Fiber: 11.09g (44.34%), Iron: 7.28mg (40.42%), Manganese: 0.74mg (36.78%), Potassium: 1191mg (34.03%), Vitamin B2: 0.56mg (32.82%), Vitamin B1: 0.49mg (32.5%), Vitamin A: 1614.36IU (32.29%), Vitamin E: 4.39mg (29.26%), Magnesium: 114.59mg (28.65%), Folate: 110.43µg (27.61%), Calcium: 273.23mg (27.32%), Copper: 0.53mg (26.74%), Vitamin C: 21.44mg (25.98%), Vitamin K: 26.35µg (25.1%), Vitamin B5: 1.67mg (16.74%), Vitamin D: 0.63µg (4.22%)