



Tomato 'n' Beef Casserole With Polenta Crust

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



462 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 1 pound ground beef
- ☐ 0.5 teaspoon steak seasoning
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped
- ☐ 29 oz canned tomatoes diced drained canned
- ☐ 1 teaspoon salt
- ☐ 4 oz sharp cheddar cheese shredded divided

- ☐ 6 oz tomato paste canned
- ☐ 1 cup cornmeal plain yellow
- ☐ 1 medium zucchini sliced cut in half lengthwise and (2 cups)

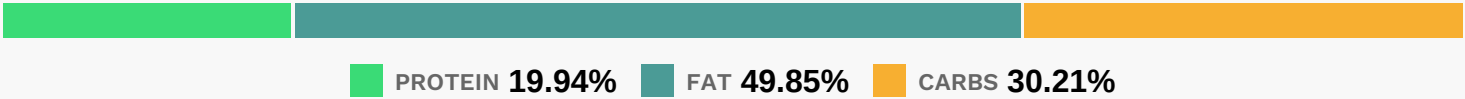
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 350
- ☐ Bring 3 cups water and 1 tsp. salt to a boil in a 2-qt. saucepan over medium-high heat.
- ☐ Whisk in cornmeal; reduce heat to low, and simmer, whisking constantly, 3 minutes or until thickened.
- ☐ Remove from heat, and stir in steak seasoning and 1/4 cup Cheddar cheese.
- ☐ Spread cornmeal mixture into a lightly greased 11- x 7-inch baking dish.
- ☐ Brown ground chuck in a large nonstick skillet over medium-high heat, stirring often, 10 minutes or until meat crumbles and is no longer pink; drain and transfer to a bowl.
- ☐ Saut onion and zucchini in hot oil in skillet over medium heat 5 minutes or until crisp-tender. Stir in beef, tomatoes, and tomato paste; simmer, stirring often, 10 minutes.
- ☐ Pour beef mixture over cornmeal crust.
- ☐ Sprinkle with remaining 3/4 cup cheese.
- ☐ Bake at 350 for 30 minutes or until bubbly.
- ☐ Sprinkle casserole with parsley just before serving.
- ☐ Italian Beef Casserole With Polenta Crust: Substitute Italian sausage for ground chuck and Italian six-cheese blend for Cheddar cheese. Prepare recipe as directed, sauting 1 medium-size green bell pepper, chopped, with onion in Step

Nutrition Facts



Properties

Glycemic Index:40.92, Glycemic Load:15.7, Inflammation Score:-7, Nutrition Score:23.265651941299%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 461.65kcal (23.08%), Fat: 26.05g (40.08%), Saturated Fat: 10.14g (63.37%), Carbohydrates: 35.54g (11.85%), Net Carbohydrates: 29.06g (10.57%), Sugar: 9.72g (10.8%), Cholesterol: 72.57mg (24.19%), Sodium: 785.7mg (34.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.45g (46.9%), Vitamin B6: 0.75mg (37.51%), Zinc: 5.29mg (35.28%), Vitamin K: 36.76µg (35.01%), Phosphorus: 339.76mg (33.98%), Vitamin B3: 6.08mg (30.41%), Vitamin B12: 1.82µg (30.3%), Vitamin C: 24.83mg (30.09%), Manganese: 0.59mg (29.44%), Selenium: 19.48µg (27.83%), Iron: 4.77mg (26.52%), Potassium: 921.36mg (26.32%), Fiber: 6.48g (25.9%), Copper: 0.45mg (22.53%), Magnesium: 88.98mg (22.25%), Calcium: 220.17mg (22.02%), Vitamin B2: 0.35mg (20.32%), Vitamin E: 3.01mg (20.06%), Vitamin B1: 0.27mg (18%), Vitamin A: 727.5IU (14.55%), Folate: 54.93µg (13.73%), Vitamin B5: 1.18mg (11.8%), Vitamin D: 0.19µg (1.26%)