



# One-Pan Beef Tamale Pie

WITH CHIPOTLE CREMA

One-Pan Family Meal



**Prep & Cook Time**  
45-55 MIN

**Cook Within**  
5 DAYS

**You Will Need**  
Salt  
Large Oven-Safe Non-Stick Pan, Mixing Bowl

**Ingredients**  
16 oz. Ground Beef  
1 Poblano Pepper  
2 Green Onions  
2 oz. Sour Cream  
3 Tbsp. Taco Seasoning  
8 oz. Corn Muffin Mix  
2 oz. Flour  
2 oz. Shredded Cheddar-Jack Cheese  
8 oz. Corn Kernels  
12 oz. Fire Roasted Diced Tomatoes in Juice

**Difficulty Level**  
INTERMEDIATE

**Spice Level**  
SPICY

**Minimum Internal Protein Temperature**

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

View nutritional information at [www.homechef.com/17517](http://www.homechef.com/17517)

\*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

## Before You Cook

All cook times are approximate based on testing.

- If using any fresh produce, thoroughly rinse and pat dry
- Turn oven on to **400 degrees**. Let preheat, at least 10 minutes
- Ingredient(s) used more than once: **green onions**



### 1. Prepare Ingredients and Make Batter

- Trim and thinly slice **green onions**, keeping white and green portions separate.
- Stem **poblano pepper**, seed, and cut into ½" dice. *Poblano peppers can vary in spice level; most are mild, but a few can be quite hot. Wash hands and cutting board after prepping.*
- In a mixing bowl, combine **corn muffin mix** and ½ cup **water** until mixture reaches the consistency of pancake batter. *If too thick, add additional water, 1 Tbsp. at a time and up to 3 Tbsp., until desired consistency is reached.*



### 2. Cook the Ground Beef

- Place a large oven-safe non-stick pan over medium-high heat.
- Add **ground beef, seasoning blend, and white portions of green onions** to hot, dry pan. Break up meat until no pink remains and beef reaches a minimum internal temperature of 160 degrees, 4-6 minutes.



### 3. Make the Sauce

- Add **poblano** to hot pan. Stir occasionally until tender, 4-6 minutes.
- Add **flour** and stir until no dry flour remains.
- Add ½ tsp. **salt**, 2 cups **water**, and **tomatoes**. Bring to a simmer, stirring constantly.
- Once simmering, stir constantly until sauce thickens enough to coat the back of a spoon, 3-5 minutes.
- Stir in **corn**. Remove from burner.



### 4. Bake the Tamale Pie

- Top pan with 7-8 dollops of **batter**.
- Place pan in hot oven and bake until corn muffin top is golden-brown and firm, 20-25 minutes.
- Carefully remove pan from oven and top evenly with **cheese**. *Handle will be hot! Use an oven mitt.*
- Bake again in hot oven until cheese is melted, 3-5 minutes.
- Carefully remove from oven.



### 5. Finish the Dish

- Serve family-style, topping **pie** with **sour cream** and **green portions of green onions**. Bon appétit!