

**Tupperware®**

Serves: 4 · Serving size: about 2 cups



PREP: 15 minutes

COOK: 20 minutes + 20 minute stand time

## Tamale Spoon PIE

For the filling:

- ½ green bell pepper, seeded, roughly chopped
- ½ poblano pepper, seeded, roughly chopped
- ½ small onion, peeled, cut in half
- 4 garlic cloves, peeled
- ¼ cup tomato paste
- 1 lb./455 g ground beef
- 3 tbsp. DIY Taco Seasoning Blend (found on our blog)
- 2 tbsp. instant masa or finely ground instant cornmeal
- ½ tsp. kosher salt

For the dough:

- 1 cup instant masa or finely ground instant cornmeal
- 2 tsp. baking soda
- 1 tbsp. granulated sugar
- 3 tbsp. butter, melted
- ¼ tsp. kosher salt
- 1 cup chicken stock

1. In the base of the Power Chef® System fitted with blade attachment, combine bell pepper, poblano, onion and garlic. Cover and pull cord until well minced.
2. Transfer pepper mixture to a medium bowl. Add tomato paste, ground beef, taco seasoning, and salt. Mix until well combined, transfer to the base of the Microwave Pressure Cooker.
3. In the base of the same Power Chef, combine masa, baking soda, butter, salt and chicken stock. Cover and pull cord until dough forms, scraping down sides of the base with a spatula as needed. Spread dough evenly over beef mixture.
4. Cover and seal Pressure Cooker. Microwave on high power 20 minutes. Remove from microwave and let stand until pressure indicator fully lowers, about 10 minutes. Remove cover, spoon portions into bowls, serve warm.

*Note: Garnish with fresh chopped cilantro, crema, minced red bell pepper, chopped red onion, minced jalapeno.*

Nutritional Information (per serving):

Calories: 380 Total Fat: 15g Saturated Fat: 7g Cholesterol: 80mg  
Sodium: 1100mg Carbohydrate: 37g Fiber: 4g Sugar: 8g Protein: 26g  
Vitamin A: 25% Vitamin C: 30% Calcium: 6% Iron: 25%

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