

# Barbacoa Beef Tamale Pie

All the flavors of a homemade tamale with perfectly seasoned barbacoa beef, cooked up practically hands-free in your own kitchen. With masa, cubanelle peppers, beans, it's a dinner the whole family will love.

**35** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisks** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Oven Safe Baking Dish

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Masa (cornmeal)  
Peppers  
Beef  
Barbacoa Sauce  
Black Beans & Onions  
Pickled Red Onions

## Make The Meal Your Own

If you ordered the **carb conscious version**, you received cauliflower "rice" instead of the masa, reducing the **carbs per serving to 27g**. Skip steps 1 and 2. Set your oven to 400 degrees. Heat 1 Tbsp olive oil in a large skillet and add the cauliflower. Sauté until it starts to brown, about 2 to 3 minutes. Remove from the heat and set aside to go on the bottom of the baking dish in step 3.

## Good to Know

### **Family favorite!**

**Health snapshot per serving** – 355 Calories, 16g Protein, 14g Fat, 5 Freestyle Point

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Beef Brisket, Masa, Bell Peppers, Cubanelle Peppers, Red Onions, Black Beans, Lime, Chicken Broth, Cilantro, Ancho Chili Paste, Garlic, Cumin, Oregano, Black Pepper, Lard, Sugar, Kosher Salt.

meez *meals*

### 1. Getting Organized

Set oven to broil.

### 2. Bake The Masa

Spray or lightly oil a baking dish and spread the **Masa** evenly covering the bottom. Place in the oven and cook until a slight crust forms, about 5 minutes. Remove the masa from the oven and lower the heat to 400 degrees.

### 3. Cook the Peppers

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Peppers** and a little salt and pepper. Sauté until the peppers start to char, about 4 minutes.

Remove from the heat and thoroughly mix the **Beef, Barbacoa Sauce**, and **Black Beans & Onions** into the peppers. Pour the contents of the skillet on top of the masa and spread evenly. Bake until the sauce is hot and bubbling, about 5 to 6 minutes. Remove from the oven and let cool for 7 to 10 minutes.

### 4. Put It All Together

Drain the liquid from the **Pickled Red Onions** and serve the onions on top of the tamale pie. Enjoy!

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**