

# Tamale Pie Dinner

Lili Hanft, FNTTP

## Shopping List:

### Tamale Pie:

- Onion
- Red bell pepper
- Garlic cloves
- Chili powder, dried oregano, paprika, and ground cumin
- Grass fed ground beef
- Tomato paste
- Frozen corn
- Masa harina flour
- Water or broth
- Baking powder
- Butter

### Lemon Garlic Broccoli:

- Broccoli florets
- Garlic clove
- Lemon juice

### Carrot Red Pepper Basil Salad:

- Carrots
- Red pepper
- Fresh basil
- Lemon juice

### Sweet Potato Chocolate Mousse:

- Baked or steamed sweet potato
- Honey or maple syrup
- Cocoa powder
- Full fat canned coconut milk or coconut oil
- Vanilla

# Tamale Pie



1 small onion, diced  
1/2 large bell pepper, diced  
2 cloves garlic, minced  
1 tsp each chili powder, dried  
oregano, paprika, and salt  
1/2 tsp ground cumin  
1 lb. grass fed ground beef  
1/2 a 7 oz jar tomato paste  
1/2 c. corn

Topping:  
1 c. masa harina flour  
1/4 tsp salt  
3/4 tsp baking powder  
2 Tbsp melted butter  
1 c. water or broth

Saute the onion, pepper, and garlic in a large skillet with a splash of water until tender. Add ground beef, seasonings, tomato paste, and corn. Cook until beef is mostly done, stirring to combine. Meanwhile, stir together the dry topping ingredients, stir in the melted butter, and add the water or broth. Pour the filling into a pie pan, press down, and spread the topping over it. Bake at 350 degrees for 30 minutes or until golden and crunchy on top.

## Lemon Garlic Broccoli



2 broccoli crowns  
1 clove garlic, crushed  
Lemon juice  
Salt

Cut the broccoli into florets and slice the stalks. Place in a saucepan with  $\frac{1}{2}$ -1 inch water, cover, bring to a boil, and turn down to simmer until fork tender. Drain, toss with garlic and lemon, and salt to taste, and cover until ready to serve.

# Carrot Red Pepper Basil Salad



4 large carrots  
1/2 red bell pepper  
Handful fresh basil  
Lemon juice

Grate the carrots and slice the pepper. Thinly slice the basil and toss with the veggies. Dress with the lemon juice to taste.

## Sweet Potato Chocolate Mousse



8 oz baked or steamed sweet potato (1 cup, mashed)  
3 Tbsp honey or maple syrup (adjust amount to taste)  
6 Tbsp (1 oz) cocoa powder  
8 oz full fat canned coconut milk or 3 Tbsp coconut oil and 1/2 c. water  
Splash of vanilla  
Pinch of salt

Add all ingredients to a food processor and blend until smooth and creamy.

# Lili Hanft

## Functional Nutritional Therapy Practitioner

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