

Mexican Polenta Pie

Yield: 12 min
Total Time: 255 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-corn-polenta-recipe>

Ingredients:

- 1 pound pork butt or pork shoulder, a large semi-fatty cut of meat with no bones
- 1 pound pinto beans soaked
- 12 ounces light beer + 12 oz. water, just refill the bottle
- 14 ounces diced tomatoes
- 16 ounces salsa
- 1 packet taco seasoning
- 8 cloves garlic minced
- 1 1/2 cups polenta
- 6 cups water
- 14 ounces corn drained and rinsed
- salt
- pepper
- salsa
- shredded cheese
- cilantro

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 25 milligrams
4. Fat: 6 grams
5. Fiber: 3 grams
6. Protein: 11 grams
7. SaturatedFat: 2 grams
8. Sodium: 460 milligrams
9. Sugar: 3 grams

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