



A Nutrition Resource

TAMALE PIE

Yield: 6 Servings

Cost/Serving: \$1.57

Ingredients:

- 1-pound lean ground beef (15% fat or less) or ground turkey
- 1 cup chopped onion
- 1/2 chopped green bell pepper
- 1 (15-ounce) can beans (kidney, black, or pinto), drained and rinsed
- 1 (14.5-ounce) can diced tomatoes
- 1 (15-ounce) can corn, drained or 1 1/2 cups frozen corn
- 1 teaspoon to 1 Tablespoon chili powder (to taste)

Corn Meal Topping

- 1 cup cornmeal
- 4 cups water
- 1/4 teaspoon salt

Directions:

- 1) Preheat oven to 350°F.
- 2) In a frying pan over medium heat, cook ground meat, stirring often to crumble meat into small pieces.
- 3) Add onion and green pepper, continue cooking until onion and pepper are softened. Remove from heat and drain meat mixture.
- 4) Stir in beans, tomatoes, corn, and chili powder. Stir to mix everything together.
- 5) Transfer mixture to a 2-quart oven safe baking dish or a 9x13-inch baking pan.
- 6) Prepare corn meal topping: In a 2 quart or larger pan, bring 3 cups of water and salt to a boil. Stir remaining 1 cup of water and 1 cup of corn meal together in a small bowl. Add cornmeal/water mixture to boiling water in a pan and stir constantly until cornmeal is cooked and thick.

Nutrition Facts

6 servings per container	
Serving size	(494g)
Amount per serving	
Calories	380
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 4.5g	23%
Trans Fat 0.5g	
Cholesterol 50mg	17%
Sodium 540mg	23%
Total Carbohydrate 42g	15%
Dietary Fiber 8g	29%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 58mg	4%
Iron 4mg	20%
Potassium 590mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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- 7) Spoon cornmeal topping over meat mixture in baking dish or pan.
- 8) Bake in oven for 30 minutes until steaming hot.

Variation: Vegetarian Tamale Pie - Leave out meat and add an additional can of beans and 1 cup shredded cheese.

Note: You may substitute cornmeal topping with a cornbread mix. Prepare mix according to directions on box and top the casserole.

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