

TAMALE PIE

A hearty thick chili made with pork taco filling is topped with homemade cornbread for an easy, one pot Mexican casserole that is perfect for busy school nights.

Ingredients

For the Tamale Pie Base

- 1 teaspoon oil (any kind)
- 1 small onion, chopped small
- 1 small green pepper, chopped small
- 1 teaspoon minced garlic
- 3 cups pork taco filling, heated according to package*
- 1 can low sodium canned beans (drained)
- 1 cup frozen corn or drained canned corn
- 1 tablespoon chili powder
- 1 teaspoon cumin powder
- 1 teaspoon dried oregano



For the Cornbread Topping

- 1 cup whole white wheat flour
- 1 cup corn meal
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 2 eggs
- ½ cup 2% or skim milk
- 2 tablespoons honey or maple syrup
- 1/3 cup Greek yogurt or light sour cream
- 2 cups shredded cheddar cheese (optional)

Instructions

1. Preheat oven to 350° F.
2. Heat oil in large skillet over medium heat. Add onion and green pepper and sauté until vegetables are softened, about 10 minutes. Add garlic and sauté until fragrant, about 30-60 seconds.
3. Add taco filling to skillet, along with beans, corn and seasonings and cook until mixture starts to simmer, about 5 minutes.
4. Spread out meat/bean mixture in a 2-quart casserole dish or in the skillet if it is ovenproof.

Cornbread Mixture

1. Mix together the dry ingredients for the cornbread in a medium bowl. Whisk together the eggs, milk, honey and yogurt in a small bowl. Add liquid mixture to the dry ingredients and mix until just combined.

2. Add the cornbread batter over the top of the casserole and spread to cover.
3. Add shredded cheese on top, if using.
4. Bake uncovered for 45 minutes until bread is golden brown.

*Recipe notes-

- Instead of the frozen taco filling, use 3 cups of leftover cooked chicken, ground beef or turkey. Add 8 ounces of tomato sauce and 8 ounces of water in step 3. Cook until sauce thickens, about 10-15 minutes.