

# Stovetop Tamale Pie

Rating: ★★ ★

Makes: 4 servings

## Ingredients

Quick Chili:

- 1/2 pound** ground beef, lean
- 1 can** kidney beans (15 1/2 ounce, drain and save liquid)
- 1/3 cup** bean liquid
- 1 cup** tomato puree (canned)
- 1 tablespoon** onion (minced)
- 1 1/2 tablespoons** chili powder

Tamale Pie:

- 3/4 can** whole kernel corn (12 ounce, not drained)
- 1/2 cup** yellow cornmeal
- 1 dash** salt
- 1 1/4 cups** cold water (8 fluid ounces)
- 1/8 teaspoon** chili powder

## Directions

Prepare Chili:

1. Cook beef in hot skillet until lightly browned. Drain off fat.
2. Stir in remaining ingredients. Bring to a boil.
3. Reduce heat, cover, and simmer 10 minutes.

Prepare Tamale Pie:

1. Place chili in a 10-inch skillet. Stir in corn. Heat thoroughly.
2. As chili heats, mix cornmeal and salt with water in a sauce pan. Cook over medium heat, stirring constantly until thickened, about 2 minutes.

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	350	
Total Fat	8 g	12%
Protein	21 g	
Carbohydrates	48 g	16%
Dietary Fiber	11 g	44%
Saturated Fat	2.5 g	13%
Sodium	590 mg	25%

3. Spread cornmeal mixture over hot chili to form a crust.  
Sprinkle with chili powder.

4. Cover and cook over low heat, with lid slightly ajar, until  
topping is set, about 10 minutes.

University of Illinois, Extension Service, Wellness Ways Resource Book