# RECIPE

# **Tamale Pie**

#### Makes: 6 servings

Prep Time: 10 minutes Cook Time: 40 minutes

Source: wayne.osu.edu

#### Ingredients

- 1 cup onion, chopped (1 medium)
- 1 cup bell pepper, chopped (1 medium)
- 1/2 pound lean ground beef
- 1/2 cup salsa
- 1 package (8.5 ounces) corn muffin mix
- 1/3 cup plain Greek yogurt or light sour cream
- 1 can (4.25 ounces) diced green chilies, undrained
- 1 egg

#### **Directions**

- 1. Wash hands with soap and water. To wash produce, gently rub produce under cold running water. Preheat oven to 350 degrees F.
- 2. Heat a skillet over medium heat. Spray with nonstick cooking spray. Cook onion, bell pepper, and ground beef until beef is cooked through, about 6 minutes. Wash hands after touching raw beef. Stir in salsa. Stir in cheese if desired.
- 3. Spray an 8-inch pie plate with nonstick cooking spray. Spread the meat and vegetable mixture on the bottom of the plate.
- 4. Mix corn muffin mix, yogurt or sour cream, green chilies, and egg until combined. Wash hands after touching raw eggs. Spread on top of the meat and vegetable mixture.
- 5. Bake until corn muffin topping is golden brown and set, about 30 minutes. Cut into 6 slices.



# Small Changes, BIG Difference!









## **Nutrition Information**

| Serving Size: 1 slice |              |
|-----------------------|--------------|
| Nutrients             | Amount       |
| Calories:             | 270          |
| Total Fat:            | <u>9</u> g   |
| Saturated Fat:        | <u>3g</u>    |
| Cholesterol:          | <u>68mg</u>  |
| Sodium:               | <u>600mg</u> |
| Total Carbohydrates:  | <u>33</u> g  |
| Dietary Fiber:        | <u>4g</u>    |
| Total Sugars:         | <u>10g</u>   |
| Added Sugars:         | <u>Og</u>    |
| Protein               | <u>14g</u>   |
|                       |              |

### **Utensils Needed**

- Cutting board
- Sharp knife
- Skillet
- Measuring cups
- Pie plate



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- Wooden spoon
- Can opener

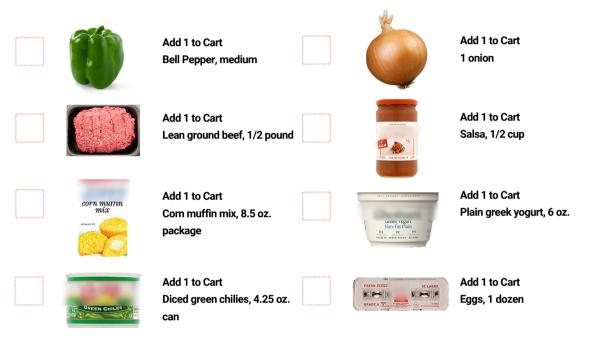
## **SHOPPING LIST**

Average total cost without oil and seasonings: \$16.59 Average cost/serving: \$2.77

Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

### Ingredients



# SAVE TIME, SAVE MONEY

#### **Chef's Notes**

 Optional: Add 1/2 cup shredded cheddar cheese to the recipe.

#### **Similar Recipes**

- Baked Kale Frittata
- Heavenly Deviled Eggs
- Italian Stuffed Peppers
- Tex-Mex Skillet

## My Cooking Notes

