

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:	9g
Saturated Fat:	3g
Cholesterol:	68mg
Sodium:	600mg
Total Carbohydrates:	33g
Dietary Fiber:	4g
Total Sugars:	10g
Added Sugars:	0g
Protein	14g

Utensils Needed

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



Add 1 to Cart
Bell Pepper, medium



Add 1 to Cart
1 onion



Add 1 to Cart
Lean ground beef, 1/2 pound



Add 1 to Cart
Salsa, 1/2 cup



Add 1 to Cart
Corn muffin mix, 8.5 oz.
package



Add 1 to Cart
Plain greek yogurt, 6 oz.



Add 1 to Cart
Diced green chilies, 4.25 oz.
can



Add 1 to Cart
Eggs, 1 dozen

SAVE TIME, SAVE MONEY

My Cooking Notes

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