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



SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program or SNAP. This institution is an equal opportunity provider

- Wooden spoon
- Can opener

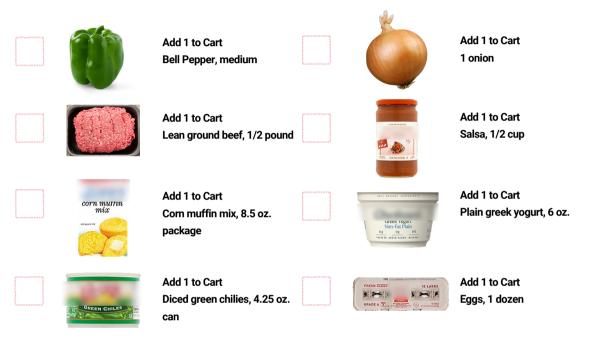
SHOPPING LIST

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

