

Stovetop Tamale Pie

This recipe is a good source of fiber, which may help protect you against some diseases.

Ingredients:

Filling

- 1/2 pound lean (15% fat) **ground beef**
- 1/2 medium **onion**, chopped
- 1 can (15.5 ounces) **kidney beans**, drained
- 1 can (14.5 ounces) **diced tomatoes**, with liquid
- 1 can (15.5 ounces) **whole-kernel corn**, drained
- 1 1/2 tablespoons **chili powder**
- 1 teaspoon **garlic powder**
- 1/2 teaspoon **oregano**
- 1/4 teaspoon **pepper**

Topping

- 1 cup yellow **cornmeal**
- 1 teaspoon **salt**
- 1 teaspoon **sugar**
- 1 teaspoon **chili powder**
- 2 1/2 cups **water**

Directions:

1. Brown meat and onion in a large skillet over medium-high heat (350 degrees in an electric skillet). Drain fat.
2. Add beans, tomatoes, corn, 1 1/2 tablespoons chili powder, garlic powder, oregano, and pepper.
3. Reduce heat to low (250 degrees in an electric skillet), cover and heat thoroughly.
4. As chili heats, mix cornmeal, salt, sugar and 1 teaspoon chili powder, with water in a small saucepan.
5. Cook over medium heat, stirring constantly until thickened, about 2 minutes.
6. Spread cornmeal mixture over chili mixture to form a crust.
7. Cover and cook over low heat, with lid slightly ajar, until topping is set, about 10 minutes.
8. Refrigerate leftovers within 2-3 hours.

Nutrition Facts

Serving Size 1 cup servings (227g)
Servings Per Container 10

Amount Per Serving		% Daily Value*	
Calories	200	Calories from Fat	30
Total Fat	3g		5%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	15mg		5%
Sodium	490mg		20%
Total Carbohydrate	31g		10%
Dietary Fiber	6g		24%
Sugars	4g		
Protein	10g		
Vitamin A	10%	Vitamin C	15%
Calcium	4%	Iron	6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

10 servings, 1 cup each

Source: 2006. Adapted from Caring Families Food Choices, WSU Extension by Sara Wuertz, OSU Extension, Portland. For more recipes and other resources on eating well for less, visit the OSU web site at <http://healthyrecipes.oregonstate.edu> (hp 2006)