

Vegetarian Tamale Pie

adapted from: Albers Yellow Corn Meal box

Servings: 8

Ingredients

Filling:

- 1 can Black Beans (15 oz.)
- 1 medium to large Onion, diced
- 2 cloves Garlic, finely chopped
- 1 can (~16 oz.) Enchilada Sauce
- 1 cup frozen Corn
- 1 can (2.25 oz.) sliced Black Olives, drained

Crust:

- 2¼ cups Yellow Corn Meal
- 2 cups water
- 1 can (12 fl. oz.) Evaporated Milk
- 1 tsp. salt
- 1 can (4 oz.) diced Green Chilies
- ½ cup (2 oz.) Cheddar Cheese, shredded

Directions:

FOR FILLING:

1. Saute onion and garlic in large skillet until onion is tender.
2. Stir in beans, enchilada sauce, corn, and olives.

FOR CRUST:

3. Preheat oven to 425 degrees F. Spray a 12x8-inch baking dish.
4. Combine corn meal, water, evaporated milk and salt in a medium saucepan. Cook over medium-high heat, stirring frequently for 5 to 7 minutes or until thickened. Stir in chilies. *Set aside 2 cups of this corn meal mixture and cover with plastic wrap to keep it workable.* Spread remaining corn meal mixture on bottom and up sides of prepared baking dish.
5. **BAKE:** for 10 minutes. Cool in dish on wire rack. Spoon filling into corn meal crust. Spread reserved corn meal mixture over filling
6. **BAKE** for 15 to 20 minutes. Sprinkle with cheese, and **BAKE** for an additional 5 to 10 minutes (or until cheese is melted).

Nutrition:

 (Serving size: 1/8th casserole)

Calories: 348 protein: 12g total carbohydrate: 61g total fat: 8g
saturated fat: 4g sodium: 1160 dietary fiber: 6.6g sugars: 10g