

# A Kansas SNAP-Ed *EZ Does it* Recipe

## Tamale Pie



Servings: 6

### **Ingredients:**

- 1 pound lean ground beef
- 1 medium onion, chopped
- 1 medium green bell pepper, chopped
- ½ cup salsa
- 1 package (8.5 ounce) corn muffin mix
- ⅓ cup light sour cream
- 1 can (4.25 ounce) diced green chilies, undrained
- 1 egg
- ½ cup shredded cheddar cheese (optional)



**Remember to wash your hands with soap and warm water before and after cooking.**

### **Directions:**

1. Preheat oven to 350 degrees.
2. Spray skillet with nonstick cooking spray. Over medium heat, cook ground beef, onion and green pepper until beef is cooked through. Stir in salsa. Stir in cheese, if desired.
3. In a small bowl, combine corn muffin mix, sour cream, green chilies, and egg. Mix well.
4. Spray an 8-inch pie plate with nonstick cooking spray. Spread the meat and vegetable mixture on the bottom of the plate.
5. Spread corn muffin mixture on top of the meat and vegetable mixture.
6. Bake until corn muffin topping is golden brown and set, about 30 minutes.

**Nutrition Facts:** Each serving provides 336 Calories, 11g Total Fat, 3.5g Saturated Fat, 631mg Sodium, 33g Total Carbohydrate, 4g Dietary Fiber, 25g Protein

*Adapted from Spend Smart. Eat Smart. <https://spendsmart.extension.iastate.edu/>*

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