

Senior Food Fare

Tamale Pie

You'll Need:

1 pound lean ground beef
1 medium onion
1 clove garlic
1/3 cup green bell pepper
1 ½ cans unsalted diced tomatoes
1 cup frozen corn
½ teaspoon salt
1 teaspoon chili powder
¼ teaspoon black pepper
1/3 cup yellow cornmeal
2/3 cup water
1/3 cup ripe olives, sliced (optional)
Non-stick vegetable spray

Take Out:

Large non-stick skillet with lid
Measuring spoons
Dry measuring cups
Liquid measuring cups
Small mixing bowl
Spatula
Small sauce pan
Small mixing bowl
Cutting board
Knife
2 quart baking dish

Topping:

2 cups 1% milk
1 tablespoon whipped margarine
2/3 cup yellow cornmeal
1 1/3 cups shredded reduced fat Mexican cheese
2 eggs

Wash your hands for at least 20 seconds with soap under warm running water. Clean and sanitize the skillet, utensils, and any other surface that may come in contact with the beef.

1. Preheat oven to 375 degrees F.
2. Chop the onion and green pepper. Mince the garlic.
3. Brown the ground beef in a large non-stick skillet. Drain off the fat.
4. Add the onion, garlic and bell pepper. Cook for two minutes or until just tender.
5. Stir in the tomatoes, corn and seasonings. Bring to a boil, then turn to simmer for 5 minutes.
6. Mix the 1/3 cup of cornmeal with water. Stir into the meat mixture.
7. Cover and cook on low heat for about 10 minutes.
8. Add the sliced olives if desired and pour into 2 quart baking dish sprayed with non-stick spray.

To make the topping:

1. Combine the milk, butter and 2/3 cup of cornmeal. Cook stirring constantly until thickened.

2. Put the eggs in a bowl and blend. Slowly add a tablespoon of the heated cornmeal mixture to the eggs to temper them. Then add to the rest of the cornmeal mixture with the cheese. Stir well.
3. Spoon the topping over the entire casserole to its edges. Bake for 30-35 minutes.

6 servings

Nutrient Analysis with black olives:

Calories: 435	Carbohydrate: 39	Protein: 32 grams
Fat: 17 grams	Saturated fat: 8 grams	Cholesterol: 133 milligrams
Sodium: 561 milligrams	Dietary Fiber: 4 grams	

Nutrient Analysis without black olives:

Calories: 427	Carbohydrate: 38	Protein: 32 grams
Fat: 16 grams	Saturated Fat: 7 grams	Cholesterol: 133 milligrams
Sodium: 507 milligrams	Dietary Fiber: 3 grams	