
Easy Shepherd`s Pie

Colleen Fagan - Hudson's Oakland

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

1 can or jar tamales, paper removed and sliced

1 can (15 ounce) chili (with or without beans)

1 can (8 ounce) corn, drained

4 ounces (1 cup) shredded Cheddar cheese

1 package (7 ounce) corn muffin mix

1 egg

onions (optional)

green pepper (optional)

Preheat the oven to 375 degrees.

In an 8x8x2-inch baking dish, layer the tamales, chili, corn and cheese, in that order.

Mix the muffin mix as directed on the package

Per Serving (excluding unknown items): 2598 Calories; 177g Fat (61.3% calories from fat); 135g Protein; 118g Carbohydrate; 14g Dietary Fiber; 696mg Cholesterol; 4882mg Sodium. Exchanges: 2 Grain(Starch); 17 1/2 Lean Meat; 24 1/2 Fat; 5 1/2 Other Carbohydrates.