

Tamale Pie

Jeanne Boyd

Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

Servings: 6

*3 tablespoons cooking oil
1 medium onion, chopped
1 clove garlic, minced
1/2 green pepper, chopped
1 pound ground beef
salt (to taste)
pepper (to taste)
1 can (#2-1/2 size) (3-1/2 cups) tomatoes
1 can (one pint) cream style corn
2 teaspoons chili powder
1 teaspoon sugar
1 teaspoon Worcestershire sauce
2 tablespoons catsup
salt (to taste)
pepper (to taste)
1 can (#303 size) (4 cups) pitted black olives
1 cup yellow corn meal
1 cup milk
2 eggs, slightly beaten
1 1/2 cups grated cheese*

Preheat the oven to 300 degrees.

In a skillet with three tablespoons of cooking oil, saute' the onion, garlic, green pepper, ground beef, salt and pepper to taste.

In a large bowl, mix the tomatoes, corn, chili powder, sugar, Worcestershire sauce, catsup, salt, pepper, olives, corn meal, milk and eggs.

Turn the mixture into a large, shallow baking dish. Top with the grated cheese.

Bake for one hour.

Per Serving (excluding unknown items): 485 Calories; 40g Fat (73.5% calories from fat); 24g Protein; 8g Carbohydrate; 1g Dietary Fiber; 170mg Cholesterol; 356mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 6 Fat; 0 Other Carbohydrates.