

All Most Mexican Tamale Pie

Ann Poindexter - Miami, FL

Treasure Classics - National LP Gas Association - 1985

Yield: 12 servings

1/4 cup olive oil
1 1/2 pounds ground beef
1 cup chopped onions
1 clove garlic, minced
1/2 cup green peppers, chopped
1 can (20 ounces) tomatoes, drained
1 can (12 ounce) whole kernel corn
salt (to taste)
1 1/2 tablespoons chili powder
1/4 teaspoon pepper
1/2 teaspoon cumin
1 can (6 ounce) tomato paste
1/2 cup corn meal
1 cup water
1 cup sliced ripe olives
CRUST
1 1/2 cups milk
1 teaspoon salt
2 tablespoons margarine
1/2 cup corn meal
1/4 pound grated cheese
2 eggs, slightly beaten

Preparation Time: 45 minutes

Bake Time: 45 minutes

In a skillet, brown the meat in olive oil. Add the onions, garlic and green peppers. Cook until soft.

Stir in the tomatoes, corn, salt to taste, chili powder, pepper and cumin. Simmer for 5 minutes.

Add the tomato paste. Stir in the corn meal, mixed with water. Simmer covered for 10 minutes. Add the olives. Turn the mixture into a three-quart casserole.

Make the crust: In a saucepan, heat the milk with the salt, margarine and corn meal. Cook until thickened. Remove from the heat.

Stir in the cheese and eggs. Pour over the meat mixture.

Bake uncovered for 40 minutes at 375 degrees or until done.

Best when served with green salad.

Per Serving (excluding unknown items): 3880 Calories; 321g Fat (74.0% calories from fat); 176g Protein; 77g Carbohydrate; 15g Dietary Fiber; 1172mg Cholesterol; 5060mg Sodium. Exchanges: 1/2 Grain(Starch); 22 Lean Meat; 9 1/2 Vegetable; 1 1/2 Non-Fat Milk; 51 Fat.