



Tamale Pie

Adapted from (*Dinneratthezoo.com*)



Ingredients



Tamale Filling

- 2 tsp. vegetable cooking oil
- 1 lb. lean ground beef or turkey
- 1/2 cup onion—chopped
- 1 tsp. garlic—minced
- 1-15 oz. can black or pinto beans—rinsed and drained
- 1 cup corn—canned, frozen, or fresh

- 1-10 oz. can red enchilada sauce
- 1 Tbsp. taco seasoning

Cornbread Topping

- 1-8.5 oz. box corn bread mix
- Egg and milk per corn bread mix directions
- 1 cup cheddar cheese—shredded



Directions



Yield: 6 servings

Serving size: 1 piece

Total cost: \$11.22

Serving cost: \$1.87

1. Preheat oven to 350 degrees and coat a 2 quart baking dish with non-stick cooking spray.
2. In a large pan over medium heat, heat cooking oil and add the ground beef or turkey. Cook for 4-5 min. until brown.
3. Add the onion to the pan and cook for an additional 5 minutes until soft. Next, add the garlic and cook an additional minute.
4. Stir in corn, beans, enchilada sauce, and taco seasoning until combined. Simmer for 5 minutes. Once complete, add meat mixture to baking dish and spread in an even layer.
5. In a separate bowl, add cornbread mix, egg and milk (per package instructions) and mix until combined. Stir in cheddar cheese.
6. Spread batter over the layer of meat.
7. Bake for 40-45 minutes until the topping is golden brown and a toothpick inserted into the cornbread comes out with only a few crumbs. Enjoy!

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Tamale Pie

Adapted from (*Dinneratthezoo.com*)



Ingredients



Tamale Filling

- 2 tsp. vegetable cooking oil
- 1 lb. lean ground beef or turkey
- 1/2 cup onion—chopped
- 1 tsp. garlic—minced
- 1-15 oz. can black or pinto beans—rinsed and drained
- 1 cup corn—canned, frozen, or fresh

- 1-10 oz. can red enchilada sauce
- 1 Tbsp. taco seasoning

Cornbread Topping

- 1-8.5 oz. box corn bread mix
- Egg and milk per corn bread mix directions
- 1 cup cheddar cheese—shredded



Directions



Yield: 6 servings

Serving size: 1 piece

Total cost: \$11.22

Serving cost: \$1.87

1. Preheat oven to 350 degrees and coat a 2 quart baking dish with non-stick cooking spray.
2. In a large pan over medium heat, heat cooking oil and add the ground beef or turkey. Cook for 4-5 min. until brown.
3. Add the onion to the pan and cook for an additional 5 minutes until soft. Next, add the garlic and cook an additional minute.
4. Stir in corn, beans, enchilada sauce, and taco seasoning until combined. Simmer for 5 minutes. Once complete, add meat mixture to baking dish and spread in an even layer.
5. In a separate bowl, add cornbread mix, egg and milk (per package instructions) and mix until combined. Stir in cheddar cheese.
6. Spread batter over the layer of meat.
7. Bake for 40-45 minutes until the topping is golden brown and a toothpick inserted into the cornbread comes out with only a few crumbs. Enjoy!

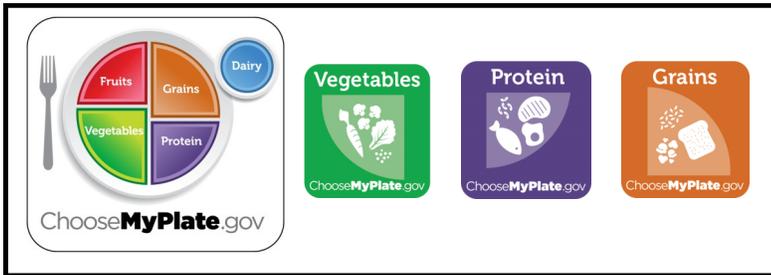
Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Fast Facts



Featured Food Groups



Cooking Tips



- Looking for more colors? Try adding vegetables such as bell peppers, green chilis, tomatoes, or zucchini.
- Top it off with your favorite Mexican inspired toppings such as pico de gallo, sour cream, avocado or cilantro.
- Not a fan of boxed cornbread? Use your favorite cornbread recipe for the topping.

Nutrition Facts

6 servings per container	
Serving size	1 piece
Amount Per Serving	
Calories	490
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 960mg	42%
Total Carbohydrate 55g	20%
Dietary Fiber 10g	36%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 29g	58%
Vitamin D 0mcg	0%
Calcium 165mg	15%
Iron 5mg	30%
Potassium 611mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

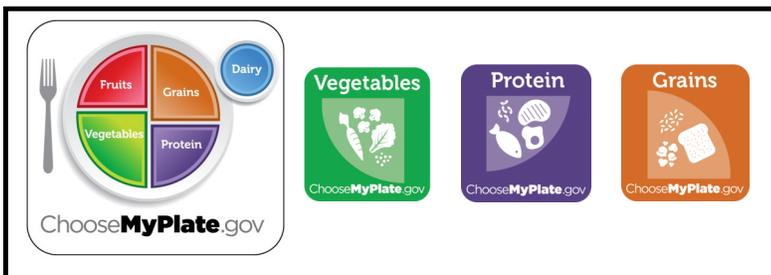
Second Harvest is an equal opportunity provider.



Fast Facts



Featured Food Groups



Cooking Tips



- Looking for more colors? Try adding vegetables such as bell peppers, green chilis, tomatoes, or zucchini.
- Top it off with your favorite Mexican inspired toppings such as pico de gallo, sour cream, avocado or cilantro.
- Not a fan of boxed cornbread? Use your favorite cornbread recipe for the topping.

Nutrition Facts

6 servings per container	
Serving size	1 piece
Amount Per Serving	
Calories	490
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 960mg	42%
Total Carbohydrate 55g	20%
Dietary Fiber 10g	36%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 29g	58%
Vitamin D 0mcg	0%
Calcium 165mg	15%
Iron 5mg	30%
Potassium 611mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Second Harvest is an equal opportunity provider.