

EASY TAMALES PIE

March 23

National Tamale Day



INGREDIENTS

- 1 Pound Ground Beef (at least 80% lean)
- 1 Can (10 Ounces) Red Enchilada Sauce
- 2 Cans (4 Ounces) Chopped Green Chiles
- 1½ Cups (6 Ounces) Shredded Cheddar Cheese
- 1 Teaspoon Chili Powder
- 1 Box (8½ Ounces) Corn Muffin Mix (enriched or whole grain rich)
- Milk and Egg (called for on muffin mix box)

DIRECTIONS

1. Heat oven to 350°.
2. In 10-inch ovenproof skillet, cook beef over medium-high heat 5 to 7 minutes, stirring occasionally, until beef is thoroughly cooked; drain.
3. Stir in enchilada sauce, 1 can of the green chiles and the chili powder.
4. Remove from heat. Sprinkle with 1 cup of the Cheddar cheese.
5. Meanwhile, make corn muffin batter as directed on box. Stir in remaining 1 can green chiles and remaining ½ cup cheese. Spoon batter evenly over beef mixture.
6. Bake 35 to 40 minutes or until topping is golden brown. Cool 5 minutes.
7. Cut into 6 even pieces.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

-  Lunch/Supper

YIELD

6 Pieces

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Piece	½ Piece	1 Piece	2 Pieces