

## Tamale Pie Skillet Supper

PREP: 15 MINS (plus baking time)

YIELD: Serves 6

### ***Filling Ingredients***

*1 Tablespoon Oil*

*1 medium-size Onion*

*1 Pound ground Meat (beef, turkey, chicken)  
or leftover shredded meat*

*½ teaspoon Kosher salt*

*1 teaspoon Ground thyme*

*1 teaspoon Chile powder*

*3 cloves Garlic, minced*

*Lunch Break List:*

*1 10-ounce can diced tomatoes, green chiles  
(or tomatoes and green chiles)*

*1 Tablespoon Adobo sauce (from a 7-ounce  
can of chipotles in adobo)*

*1 10-ounce package frozen Corn, defrosted*

*1 10-ounce can beans (black, kidney, or  
pinto)*

### ***Optional Filling Add-Ons***

*1 10-ounce package frozen diced Red or green bell pepper, defrosted*

*1 10-ounce package frozen, diced Butternut squash, defrosted*

*1 10-ounce package frozen, chopped spinach, defrosted*

*½ - 1 jalapeno, diced (seeds and white vein removed)*

### ***Tamale Batter Ingredients***

*1 (8.5-ounce) box Corn muffin mix  
(like Jiffy brand)*

*½ cup Milk*

*1 Egg, lightly beaten*

*1-½ cups shredded Cheese (combination of  
cheddar, Monterey Jack, Parmesan)*

### ***Optional Toppings:***

*Sour cream*

*Guacamole*

*Chopped cilantro*

*Salsa*

Preheat the oven to 350 degrees Fahrenheit.

### **Filling Instructions:**

1. Heat the oil in a 10-inch cast iron skillet\* and saute the diced onion until translucent.
2. Stir in the ground meat, salt, thyme, and ground chile powder over medium-high heat until the meat is fully cooked and the raw pink color is gone.
3. Stir in the minced garlic and cook for another 2-3 minutes.
4. Add the diced tomatoes and/or diced green chiles and cook down until the liquid is gone.
5. Stir in the corn, beans, and any optional veggie add-ins and cook until warm.
6. Correct for seasoning, adding more adobo sauce if needed.
7. Sprinkle with 1 cup of the shredded cheese and set aside.

**Tamale Batter Instructions:**

1. Whisk together corn muffin mix, the milk, egg, and ½ cup cheese.

**Tamale Pie Instructions:**

1. Pour batter over the filling in the skillet.
2. Use a spatula to spread the batter to the edges of the skillet evenly.
3. Bake in the oven for 20-30 minutes.
4. Serve with extra toppings

\*If you don't have a cast iron skillet, use an oven-safe skillet with a metal handle. Otherwise, transfer the cooked filling to a lightly greased 9x13-inch casserole dish before adding the tamale batter and baking in the oven.