

Tamale Pie Skillet Supper

PREP: 15 MINS (plus baking time) YIELD: Serves 6

Filling Ingredients

<i>1 Tablespoon Oil</i>	<i>1 10-ounce can diced tomatoes, green chiles (or tomatoes and green chiles)</i>
<i>1 medium-size Onion</i>	
<i>1 Pound ground Meat (beef, turkey, chicken) or leftover shredded meat</i>	<i>1 Tablespoon Adobo sauce (from a 7-ounce can of chipotles in adobo)</i>
<i>½ teaspoon Kosher salt</i>	<i>1 10-ounce package frozen Corn, defrosted</i>
<i>1 teaspoon Ground thyme</i>	<i>1 10-ounce can beans (black, kidney, or pinto)</i>
<i>1 teaspoon Chile powder</i>	
<i>3 cloves Garlic, minced</i>	

Lunch Break List:

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

<i>1 (8.5-ounce) box Corn muffin mix (like Jiffy brand)</i>	<i>1 Egg, lightly beaten</i>
<i>½ cup Milk</i>	<i>1-½ cups shredded Cheese (combination of cheddar, Monterey Jack, Parmesan)</i>

Optional Toppings:

<i>Sour cream</i>	<i>Chopped cilantro</i>
<i>Guacamole</i>	<i>Salsa</i>

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.