

# Tamale Pie

All the flavors of a Mexican favorite in a sharable casserole dish.



## INGREDIENTS

(Serves 4)

Ground Beef	400g
Onion, chopped	60g
Garlic, minced	15g
Cumin, ground	.5g
Pepper	.5g
Salt, divided	6g
Cornmeal	160g
Baking Powder	3g
Water, warmed	250ml
Green Chilies, mild, seeded, diced	100g
<b>U.S. Colby Jack, divided into thirds</b>	<b>225g</b>
Prepared Enchilada Sauce	200ml
<b>U.S. Sour Cream</b>	<b>100g</b>
Coriander Leaf, chopped	15g

## NUTRITIONAL CONTENT

Per 100g

<b>Calories</b>	178kcal
<b>Total Fat</b>	9g
Saturated Fat	5g
Trans Fat	0g
Cholesterol	34mg
<b>Total Carbohydrates</b>	12g
Dietary Fiber	1g
Sugars	2g
<b>Protein</b>	9g
Calcium	136mg
Magnesium	9mg
Phosphorus	59mg
Potassium	98mg
Sodium	462mg
Iron	1mg
Vitamin A	406IU
Vitamin C	2mg

## PREPARATION

1. **Preheat oven to 200°C (400°F).**
2. **In a medium sauté pan over medium high heat, cook ground beef and onions until beef is browned throughout. Drain off excess fat.**
3. **Add garlic, cumin, pepper and ½ the salt. Cook for another three minutes. Take off heat and set aside.**
4. **In a medium bowl, pour in cornmeal and baking powder and mix together. Pour in water, chilies, the remaining salt, and 1/3 of the colby jack. Stir until incorporated. Let stand for at least 10 minutes.**
5. **Pour ½ the cornmeal mixture into a greased 25cm casserole dish.**
6. **Place the ground beef mixture and 1/3 of the colby jack on top, being careful not to reach the sides of the dish.**
7. **Pour the remaining cornmeal on top, and spread out evenly.**
8. **Top with the remaining colby jack, and pour the enchilada sauce on evenly.**
9. **Bake for 20-25 minutes, top with dollops of sour cream and coriander leaf. Serve immediately.**

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on [ThinkUSAdairy.org](http://ThinkUSAdairy.org), including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2015 U.S. Dairy Export Council.