

Tamale Pie

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12 Serving Size: 6 ounces

Ingredients	Quantity	Measure
Dark red kidney beans, canned	15	ounces
Diced tomatoes with juice, canned	15	ounces
Dark chili powder	¼	cup
Onions, medium dice	1	cup
Garlic, minced	2	tablespoons
Red bell pepper, diced	1	cup
Green bell pepper, diced	1	cup
Water	4	cups
Steel cut oats	1	cup
Tomato paste	16	ounces
Cornbread		
Cornmeal	1	cup
All-purpose flour	1 1/2	cups
Salt	1	teaspoon
Baking powder	1	tablespoon
Soy milk	1 1/2	cups
Non-dairy margarine	4	ounces
Vegetable oil	4	ounces
Egg-free mayonnaise	½	cup

Preparation

1. Sauté onions, peppers, and garlic.
2. Add beans, tomatoes and chili powder.
3. Add water.
4. Bring to a boil, reduce heat to medium, add steel cut oats, and continue to cook for 20 minutes. Stir frequently.
5. Add tomato paste, stir, and taste to determine if more chili powder is needed.
6. Pour chili in ½ hotel pan, top with cornbread and bake at 350 degrees until done, about 20 minutes.

Cornbread

1. Blend all ingredients and pour over chili.
2. Bake in 350-degree oven for 15-20 minutes until golden brown.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 489 Total Fat: 26g Saturated Fat: 4g Carbohydrate: 56g Protein: 11g Sodium: 993mg

Vitamin A: 16% Vitamin C: 47% Calcium: 17% Iron: 30% Folic Acid: 40%



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