

Tamale Pie

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving size: 1 square

Ingredients	Quantity	Measure
Onions, yellow or white, medium dice	1	cup
Red bell pepper, small dice	1	cup
Green bell pepper, small dice	1	cup
Dark red kidney beans, canned, low sodium, drained and rinsed	1 ¾	cups
Diced tomatoes, canned, low sodium	1 ¾	cups
Chili powder	2	Tbsp.
Water	5	cups
Oats, steel-cut, raw	1	cup
Tomato paste	1	cup
Cornbread		
Cornmeal	1	cup
Unbleached all-purpose flour	1 ½	cups
Baking powder	1	Tbsp.
Non-dairy milk, unsweetened	1 ½	cups
Non-dairy margarine	½	cup
Plant-based (egg-free) mayonnaise	½	cup

Preparation

1. Preheat oven to 350 degrees Fahrenheit.
2. Sauté onions and peppers with a little water until tender.
3. Add beans, tomatoes, and chili powder and stir. Add the water.
4. Add raw steel cut oats.
5. Bring to a boil, stirring. Reduce heat to medium and continue to cook and stir for 20 minutes or until oatmeal is softened.
6. Add tomato paste and stir, continue to cook for 5 minutes.
7. While the chili is cooking, make the cornbread. In a large bowl, mix the dry ingredients (cornmeal, flour, and baking powder). In a separate bowl, combine the wet ingredients. Pour the wet ingredients into the dry and mix until all incorporated (do not over mix). Set aside.
8. Pour chili in ½ hotel pan, top with cornbread, and bake at 350 degrees Fahrenheit until cornbread is set, about 20 minutes.

Tamale Pie Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Nutrition Information *From USDA Nutrient Database

Calories: 479 Total Fat: 26g Saturated Fat: 4g Monounsaturated Fat: 10.7g Polyunsaturated Fat: 9g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 50g Fiber: 8.6g Total Sugar: 8.9g Protein: 10.4g Sodium: 948mg Vitamin A: 186µg Vitamin C: 40.7mg Calcium: 195mg Iron: 3.7mg Folate: 38µg