

# Tamale Pie

Nonstick cooking spray  
1 pound ground turkey or very lean  
ground beef  
1 onion  
1 green pepper  
1 tablespoon chili powder  
1 teaspoon cumin  
1/2 teaspoon black pepper  
1/2 teaspoon garlic powder  
1 teaspoon salt  
1 (14.5 ounces) can no added salt diced  
tomatoes (undrained)  
4 cups boiling water  
2 cups yellow cornmeal  
2 cups cold water

**Makes 8 portions, 1 cup each**

Per portion

Calories:	239
Carbohydrate:	32 grams
Protein:	14 grams
Fat:	5 grams
Saturated fat:	1 gram
Cholesterol:	45 milligrams
Sodium:	375 milligrams
Dietary fiber:	4 grams

1. Spray large skillet with cooking spray. Preheat on medium heat and add ground meat. Cook until meat is no longer pink.
2. Chop onion and green pepper. Add to meat and cook until tender.
3. Add chili powder, cumin, pepper, garlic powder, salt, and tomatoes. Simmer for 10 minutes.
4. Boil 4 cups water.
5. Mix corn meal with cold water in large pot. Add boiling water and cook about 10 minutes or until thick.
6. Coat 9x13 casserole dish with cooking spray. Put 1/2 cornmeal on bottom of dish. Pour meat mixture on top of cornmeal. Spread the remaining cornmeal over meat mixture.
7. Bake at 375° for 40 minutes.