

## **Tamale Pie**

### ***Ingredients:***

½ cup onion chopped

½ cup green & red peppers chopped

½ can olives

1 clove garlic chopped

2 tbsp. olive oil

3 ½ cups crushed tomatoes

1 pound meat (beef, chicken or pork)

1 tsp coriander

2 tbsp chili powder

1 pack taco seasoning

2 cups cornmeal

1 cup cold water

2 cups broth

### ***Instructions:***

**Pot #1** Fry/cook meat, onion, garlic, peppers, olives, olive oil, seasoning,  
Then add crushed tomatoes after meat is cooked

#### **Pot #2**

Cook 2 cups yellow cornmeal, 1 cup cold water, and 2 cups broth until thick

Spray casserole dish

First, put 1 cup or half of cornmeal in bottom of casserole dish

Then, add the meat & veggies

Finally, Put 1 cup or half of the cornmeal on the top layer

***Bake 350 for 45 minutes***