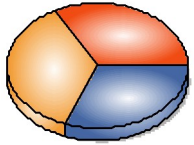




Tamale Pie

Recipe grams: 2115.78g/74.6oz
Serves 4 528.95g/18.7oz per serving



Protein: 24%
Carbohydrates: 50%
Fat: 27%

INGREDIENTS

1 lb TURKEY, GROUND
1 cup ONION, RAW, chopped
2 tsp CHILI POWDER
1/2 tsp CUMIN, GROUND
1 large APPLE W/SKIN, RAW, 3 1/4" dia approx 2/lb
4 1/2 oz GREEN CHILES, CHOPPED
1 cup POTATO, FLESH & SKIN, RAW, diced
14 1/2 oz TOMATO, STEWED, MEXICAN RECIPE
1/2 cup BEEF BROTH, LOWER SODIUM
1 tbsp VINEGAR, APPLE CIDER
1/2 tsp CINNAMON, GROUND
1/2 tsp CLOVES, GROUND
1/8 tsp WHITE PEPPER, GROUND, fresh ground, edible portion
3/4 cup CORNMEAL, FINE GRIND
1/4 cup WHEAT FLOUR, WHITE, ALL PURPOSE, enriched, bleached
2 tsp BAKING POWDER, DOUBLE ACTING, salt aluminum sulfate
1 tbsp SUGAR, GRANULATED
1/2 tsp SALT, TABLE
3 tbsp MAYONNAISE, LIGHT
1/2 cup MILK, COW'S, NONFAT (SKIM), fluid w/o added Vit-A
1/2 cup CORN, YELLOW, FROZEN, sweet, frozen, unprep
1/4 cup EGG SUBSTITUTE, LIQUID

DIRECTIONS

Heat a large skillet over medium heat. Brown turkey. When browned, add the onion, chili powder and cumin. Mix and cook for 2 minutes. Stir in apple, chilies, potatoes, tomatoes and beef broth. Simmer, covered for 15 minutes until veggies are tender. (This will depend on how finely diced the potatoes and apples are.) Stir in remaining ingredients, cook uncovered until most liquid has been absorbed. Adjust seasonings to taste.

While allowing mixture to cook, preheat oven to 375° F. Mix dry topping ingredients and mix well. Stir in wet ingredients and allow to sit for 5 minutes.

Put the meat mixture in a high sided dish, such as a 10 inch deep dish pie pan. Spoon topping mixture over the top. Bake for 15-20 minutes or until topping tests as done.

The meat mixture is excellent as a filling for soft tacos, poblano chilies, etc.

Nutrition Facts

Serving Size: 1 serving (528.9g)
Servings: 1

Amount Per Serving

Calories 480 Calories from Fat 130

% Daily Value*

Total Fat 15g **25%**

Saturated Fat 3.5g **20%**

Trans Fat 0g

Cholesterol 80mg **25%**

Sodium 1250mg **50%**

Total Carbohydrate 62g **20%**

Dietary Fiber 10g **40%**

Sugars 19g

Protein 30g

Vitamin A 20%

Vitamin C 50%

Calcium 25%

Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet.