

Tamale Pie

Ingredients

- 1 cup polenta
- 4 cups chicken broth
- 1 lb. leanest ground beef
- 1 cup chopped yellow onion
- 1 chopped red bell pepper
- 1 chopped green bell pepper
- 1 clove garlic, minced
- 1 T chili powder
- 1/2 tsp. dried oregano
- 3/4 tsp. salt
- freshly ground pepper to taste
- 1 can (14.5 ounces) crushed tomatoes in thick puree
- 2 cups corn kernels (fresh, frozen and thawed, or canned and drained)
- 2 cups grated cheddar cheese

Preparation

Preheat oven to 350 degrees. Make the polenta topping: In a saucepan over medium heat, mix the polenta with the chicken broth. Bring to a boil, reduce heat, and cook, stirring, until thickened, about 5 minutes.

In a large skillet over medium heat, cook beef, onion, bell peppers, and garlic, breaking up the meat with a spoon, until meat is no longer pink and vegetables are tender, about 5 minutes. Stir in seasonings, tomatoes, and corn and simmer about 5 minutes.

In a 9x13 inch baking dish lightly coated with cooking spray or oil, place meat and vegetable mixture. Spread polenta topping over the mixture and sprinkle with cheese.

Bake uncovered, until bubbly and cheese is melted, about 30 minutes. Let stand 10 minutes before serving.