

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Big Tamale Bake

Adapted From Recipe in "Taste of Home Ground Beef"

Tastes rather like a tamale, without all those chewy husks...

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| <i>1½ lb lean ground beef</i> | <i>1 tsp cayenne chile powder</i> |
| <i>1 yellow onion, chopped</i> | <i>1 tsp kosher salt</i> |
| <i>1 green bell pepper, chopped</i> | <i>½ cup cornmeal</i> |
| <i>2 Tbsp minced garlic</i> | <i>1 cup low-sodium chicken broth</i> |
| <i>2 can (15 oz) petite-diced tomatoes, undrained</i> | <i>2¼ cup fresh milk, divided</i> |
| <i>1 can (11.5 oz) Niblets corn, drained</i> | <i>¾ cup cornmeal</i> |
| <i>3 oz Kalamata olives, sliced</i> | <i>1 tsp salt</i> |
| <i>1½ tsp ground cumin</i> | <i>1 cup shredded cheddar cheese</i> |
| <i>1 tsp chipotle chile powder</i> | <i>3 Tbsp butter</i> |
| <i>1 tsp ancho chile powder</i> | <i>3 large eggs, beaten</i> |

Cook beef, onion, green pepper in a Dutch oven over medium heat until meat is no longer pink, about 5-7 minutes. Add garlic and stir. Add tomatoes, corn, olives, cumin, chile powders and salt. Bring to a boil, then reduce to simmer; cook for a few minutes.

Meanwhile, whisk together cornmeal and chicken broth until smooth. Add to pot and bring mixture to a boil. Reduce heat and simmer, uncovered, for 10 minutes. Transfer to a large (3 qt) baking dish coated with non-stick spray.

Heat oven to 375° F. In a small saucepan, bring 1½ cup milk to a light boil. Combine remaining milk, cornmeal and salt in a small bowl. Whisk in cornmeal mix and return to a boil. Reduce heat and cook for 3-4 minutes, until topping is slightly thickened. Remove from heat and add cheese and eggs. Stir quickly to keep eggs from cooking. Pour over meat mixture. Bake, uncovered, for 30-40 minutes, or until topping is lightly browned.

Yield: About ten servings

Preparation time: 25 minutes

Cooking time: 1 hour (or so)

