

ANOTHER INEXPENSIVE RECIPE FROM WNEP...

TAMALE PIE

1 lb. ground beef, turkey, venison or sausage
1 15-oz can beans (pinto, kidney, or red) drained
2 T. cornstarch or ¼ cup flour
1½ cups chopped onions (or 1¼ tsp. onion powder)
4 tsp. chili powder
1 clove garlic, minced (or ¼ tsp. garlic powder)
1 28-oz. can tomatoes, chopped
1 4-oz. can green chilies or ½ c. chopped sweet peppers

Brown meat and drain. Stir in beans. Mix cornstarch or flour with juice from tomatoes and stir into meat mix, along with remaining ingredients. Cook and stir until thick and bubbly. Pour mixture into 9" x 13" pan. Prepare one box cornbread mix as directed on package; spread over top. Bake at 400° 20-25 minutes (Or top with 4 cups of corn chips and bake 5 - 10 minutes).