

Idiot's Kitchen Recipe – Black Bean Veggie Tamale Pie

Recipe from www.idiotskitchen.com



Ingredients:

2/3 cup corn meal
2/3 cup flour
1 Tablespoon sugar
1 Tablespoon baking powder
½ teaspoon salt
1/3 cup milk
4 Tablespoons vegetable (or canola) oil, divided 2 T for the crust & 2 T for the veggies.
1 egg
1 (4 oz.) can diced green chilies
1 cup frozen corn, divided ½ cup for the cornbread base & ½ cup for the vegetable filling
1 (10 oz.) can red enchilada sauce
1 medium onion, finely chopped
1 red bell pepper, finely chopped
1 sweet potato, peeled and cut into small cubes
1 (15 oz) can black beans
1 medium zucchini, quartered and chopped into bite-sized pieces
1 teaspoon cumin
1 teaspoon chili powder
Salt & Pepper
1 cup pepper jack cheese, shredded
¼ cup fresh cilantro (or parsley), finely chopped

Preheat the oven to 400 degrees.

In a medium bowl, combine 2/3 cup cornmeal, 2/3 cup flour, 1 Tablespoon sugar, 1 Tablespoon baking powder, and ½ teaspoon salt. Whisk to combine the dry ingredients.

In a small bowl or measuring cup, combine 1/3 cup milk, 2 Tablespoons vegetable oil, and 1 egg. Whisk to combine. Add the wet ingredients to the dry ingredients and stir just until most of the dry ingredients have been incorporated. Add 1 (4 oz) can of diced green chiles and ½ cup of frozen corn and stir to combine.

Spray a medium sized baking dish (11x7 or similar) with non-stick cooking spray and spread the cornmeal crust out in the pan. **Bake at 400 degrees for 20 minutes.**

While the crust is baking, heat 2 Tablespoons of oil in a large pan over medium high heat. Add 1 finely chopped onion and 1 finely chopped red bell pepper and sauté for 5 minutes until softened but not browned. Add 1 sweet potato that has been peeled and cut into small cubes. Sauté the sweet potato for a few minutes to get some color, then add ½ cup of water to the pan. Cover with a lid and allow the sweet potato to steam cook for 5 minutes or until almost fork tender.

Remove the pan from the heat and stir in 1 (15 oz) can of black beans, the remaining ½ cup frozen corn, and 1 chopped medium zucchini. Season with 1 teaspoon cumin, 1 teaspoon chili powder, and salt & pepper to taste. Stir to combine all of the ingredients.

When the crust comes out of the oven, immediately **turn the oven down to 350 degrees.** While the crust is still hot, use a fork to poke holes all over the top of the crust. Pour 1 (10 oz) can of red enchilada sauce over the crust. Top with the vegetable mixture, cover with foil, and **bake at 350 degrees for 20 minutes.**

After 20 minutes, remove the foil and top the veggies with 1 cup of shredded pepper jack cheese. Return the pan to the oven for 10 more minutes to melt the cheese. If you want a little golden crust on top, turn the broiler on for the last minute or two of cooking but be sure to watch the pan carefully so that the cheese does not burn.

Let the tamale pie rest for 5 minutes after baking to set up and for easier serving. Sprinkle with chopped fresh cilantro (or parsley) as a garnish.

Makes 4 very generous servings. GREAT leftover!