

## Poor Man's Tamale Pie

By Helen Reynolds  
3 Winks Design

1 lb. ground beef  
1 medium onion, chopped  
1 clove of garlic, pressed through garlic press  
Salt to taste  
2-8oz. cans tomato sauce  
1-15 oz. can cream corn  
1-15 oz. can red kidney beans, drained and rinsed  
2 tsp. chili powder  
1 tsp. dried cilantro  
1 ½ tsp. cumin  
8 oz. shredded cheese (reserve 2 oz.)

Heat a nice deep skillet and spray with cooking spray. Brown the ground beef in the skillet and add the onion to sauté with the beef. Add the salt and the pressed garlic.

When the beef is cooked and the onions are soft and clear, pour in the canned ingredients and add the spices.

Simmer all together for about 15 min. and then add 6 oz. of cheese to the sauce and stir it in.

While the sauce is simmering, mix up the cornmeal topping.

¾ c. cornmeal  
½ tsp. salt  
2 c. cold water.  
1 T. butter

Stir all together in a small saucepan. Cook and stir constantly until the mixture is thick. Remove from heat and add the butter to the mix.

After you have added the cheese to the sauce, pour the sauce into a crock pot that has been sprayed with cooking spray or lined with a liner. Top the sauce with the rest of the cheese. Gently spread the cornmeal mixture on top of the sauce. Bake in the crock pot on low heat for 4 and ½ hours. Serve with a dollop of sour cream!

*\*This is called poor man's tamale pie because there are no olives in the mix. You can still add them if you would like to do so.*

