

Tamale Pie

This Tamale Pie recipe has all the flavors you are looking for in a family weeknight dinner. Perfect for a group dinner or when you want to have leftovers! It has all your favorite Mexican flavors in a one-pan meal. It's also a starting point for what is in your refrigerator. One night I swapped rotisserie chicken for the ground beef. Make it vegetarian with your favorite beans - black, pinto, lentils and more vegetables. Add some heat, based on your taste with a jalapeno, Shishito or Hatch chiles.

1	onion, diced	2 cups	corn or kernels from 1 large ear
½ pound	lean ground beef	2 cups	cheddar cheese shredded
1	red bell pepper, diced	Corn Bread topping	
1	jalapeno, Hatch or shishito pepper (to taste) diced, seeds removed	1 cup	yellow corn meal
2	garlic cloves, minced	1 cup	flour
1 Tablespoon	chile powder	2 Tablespoons	sugar
½ teaspoon	Hatch chile powder, green	1 Tablespoon	baking powder
1 teaspoon	cumin, ground	1 teaspoon	salt
2 teaspoons	dried oregano	1 large	egg
½ teaspoon	salt to taste	1 cup	milk
1 15-ounce can	diced tomatoes	⅓ cup	canola oil
1 15-ounce can	black beans	½ cup	yogurt or sour cream (optional)

- 1 Preheat oven to 350°, Roast the red pepper and chile on a grill, burner or in the oven if you prefer in advance, which adds more flavor.
- 2 Add the onion and ground bean to a skillet. Cook for a few minutes. Add the diced red bell pepper and chiles if raw. Cook until the meat has browned. Add the garlic, chile powders, cumin, oregano, salt and stir in.
- 3 Mix in the tomatoes, beans and if roasted, the bell pepper and chiles. Cook for another 5 minutes to incorporate all the flavors.
- 4 While the meat and bean mixture is cooking, mix together the corn bread topping. Add the dry ingredients to a bowl - the corn meal, flour, sugar, baking powder and salt. In a separate bowl, whisk the egg, add the milk, oil and yogurt/sour cream and whisk until incorporated. Stir in the dry ingredients, just until blended. Add about ⅓ cup of corn kernels to the mixture.
- 5 Assemble in a 9 x 13 pan. First spread out the meat, bean and vegetable mixture. Next add a layer of the remaining corn kernels. Follow with the shredded cheese. The cornbread topping is dolloped over it all. Once you have filled in the spots, use a spatula to smooth it out.
- 6 Bake at 350° for 35-40 minutes. Cut into squares and serve.

Servings: 10

Preparation Time: 25 minutes

Cooking Time: 35 minutes

Total Time: 1 hour

Oven Temperature: 350°F

Nutrition Facts

Nutrition (per serving): 584 calories, 195 calories from fat, 21.9g total fat, 63.8mg cholesterol, 651.4mg sodium, 567.5mg potassium, 81.2g carbohydrates, 7.2g fiber, 44.7g sugar, 19g protein.

Source

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