

# TAMALE PIE



- 1 lb ground beef
  - 1 small onion, chopped
  - 1 garlic clove, finely chopped
  - 1 (8 ounce) can tomato sauce
  - 1 (15 1/4 ounce) can corn kernels, drained
  - 1 cup water
  - 1/2 teaspoon salt
  - 1/4 teaspoon pepper
  - 1 teaspoon chili powder
  - 1 teaspoon ground cumin
  - 1/2 teaspoon oregano, crushed
  - 1/2 cup yellow cornmeal
  - 1 cup water
- Directions:

- 1 Preheat oven to 400 degrees F.
- 2 In a large skillet over medium high heat, brown the ground beef and onion, adding garlic during the last half of browning, so it doesn't burn.
- 3 Drain the fat and return meat to skillet.
- 4 Add the tomato sauce, drained corn, seasonings, and 1 cup of water.
- 5 Simmer on low for 10 minutes.
- 6 Pour mixture into a 2 quart baking dish.
- 7 Sprinkle the corn meal evenly over the beef mixture.

8 Carefully pour in 1 cup water over a spoon back, so as not to disturb the corn meal.

9 Bake for 30 minutes.

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