



DINNER TONIGHT

Tamale Pot Pie



FUN

Write down the names of people you admire and put them in a bowl. Take turns drawing a name and describing the person while the others try to guess who it is.



CONVERSATION

Rosa Parks said, "You must never be fearful of what you are doing when it is right." Have you ever been afraid to do the right thing?





Tamale Pot Pie

INGREDIENTS

Serves 6-8, depending on appetite

Filling:

- 1 1/2 lbs. ground beef, turkey, or bison
- 2 tbsp. olive or coconut oil
- 1 cup diced onion
- 4 cloves garlic, minced
- 2 cups diced sweet bell pepper
- 2 cups cooked dark kidney beans or black beans
- 1 1/4 cups tomato puree OR, in a pinch, use marinara sauce
- 1 tsp. salt
- 1/4 tsp. crushed red pepper flakes
- 2 tsp. ground cumin
- 2 tsp. dried oregano
- Topping:
- 1 cup yellow cornmeal
- 1 cup white whole wheat or all-purpose flour (you can also substitute masa harina if you need a gluten-free crust)
- 2 tsp. baking powder
- 1/4 tsp. salt
- 1 tbsp. honey
- 1/2 cup oil of your choice (coconut oil works well here)
- or melted butter
- 2 large eggs, beaten
- 1 cup milk

INSTRUCTIONS

1. In a large skillet, prepare the filling by sauteing the meat, onions, garlic, and bell pepper in oil over medium-high heat until the meat is browned and the vegetables are softened, about 7 minutes.
2. Add the beans, tomato puree, and seasonings and stir to combine.
3. Allow the filling to bubble around the edges and cook, stirring occasionally, for about 5 minutes to let the flavors combine.
4. Transfer the filling to an 8x8 oven-safe dish.
5. Preheat your oven to 400 degrees.
6. Prepare the topping by whisking together the cornmeal, flour, baking powder, and salt in a large bowl.
7. Combine the honey, oil, eggs, and milk, and add to the dry ingredients. Stir thoroughly just until all of the ingredients are moistened.
8. Spread the cornbread batter evenly over the filling in the casserole dish.
9. Bake, uncovered, at 400 degrees for 35-45 minutes, until a toothpick inserted in the center of the crust comes out free of batter.

This recipe comes to us from Bri DeRosa and originally appeared on her Red, Round or Green blog. The filling can be made up to 2 days in advance, then topped with the cornbread crust and baked for a quick weeknight meal.

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