



RECIPE

Easy Tamale Pie

Using Gluten-Free Naturals Cornbread & Corn Muffin Mix

- 1 pound ground meat (ground turkey, pork or beef may be used)
- 1 to 1 1/2 cups gluten-free salsa (suggested product*: Chi-Chi's Salsa <http://www.hormelfoods.com/brands/glutenfree/default.aspx>)
- 1/8 to 1/4 teaspoon garlic powder
- 1/2 teaspoon salt
- 2 teaspoons chili powder
- 1/2 to 3/4 cups grated cheddar cheese
- 1 Gluten-Free Naturals (TM) Cornbread and Corn Muffin Mix, prepared according to package directions for cornbread

Put meat in a large skillet. Break up and cook until it loses its red color. Drain any excess fat. Add the salsa, garlic powder, salt, chili powder and blend well. Heat for several minutes until hot. Put the meat mixture into a 9 x 9 inch square non-stick pan. Top with grated cheese.

Meanwhile, prepare cornbread mix as directed. Pour from bowl over meat/cheese mixture and spread the cornbread mixture to cover.

Bake for about 25 minutes at 400°F. The top should be lightly browned. Remove from oven and run a knife along the edge of the pan to loosen the cornbread. Cut into large squares and serve using a large spatula. The meat and cheese will be in the bottom of the cornbread, so it is easy to serve. This is nice served with a salad to complete the meal. Refrigerate any leftovers. Tamale pie reheats well in the microwave.

*Note: Suggested products were gluten-free at the time this recipe was compiled, but may not be now. We are not responsible for the gluten-free status of other's products. Please check the ingredients list on the package or contact the manufacturer directly.