

BLACK BEAN TAMALE PIE WITH PUMPKIN CORNBREAD TOPPER

This quick and easy dinner dish is also very customizable! Here we use black beans and veggies for a totally vegetarian meal, but you could use ground beef or turkey or some shredded chicken to up the protein and make it a meat eaters favorite. Like things a little spicier? Add a minced jalapeno, a couple chipotle peppers in adobo sauce, or 1/2 teaspoon cayenne pepper. You could also simply use your favorite cornbread mix or recipe for the topper.



Ingredients

- 1/2 white onion
- 1 cup corn
- 1 bell pepper
- 1 can (15 oz) black beans
- 1 can (15 oz) diced tomatoes
- 1 tsp granulated garlic or 2 cloves minced
- 2 tbsp taco seasoning
- 2 cup pumpkin cornbread batter (see additional 1/2 sheet)
- olive oil
- salt and pepper

Equipment:

- Large, oven safe pot

PREPARATION: 10 MIN

COOKING: 30 MIN

READY IN: 45 MIN

MAKES 6 SERVINGS

Directions

*Read through entire recipe before getting started.
Wash and dry all produce. **Preheat oven to 400 °F***

- 1.** Dice **onion and pepper**. Drain and rinse **beans and corn**. Mince or grate **garlic**. Grease an 8x8 inch baking pan or 8 inch oven safe skillet.
- 2.** Heat 1 Tbsp. oil in a large skillet over medium-high heat. Saute **onion, pepper, and corn** until translucent and starting to brown in spots, about 4-5 minutes. Add **beans, diced tomatoes, taco seasoning, and a pinch of salt and pepper**. Turn heat to low and simmer until everything is heated through and thickened.
- 3.** Prepare cornbread: Follow directions on included 1/2 sheet on Pie Pumpkins and **Pumpkin Cornbread**. Use 2 cups batter for Tamale Pie and bake the rest in a greased loaf pan or 8x8 baking dish (extra cornbread delicious served with a smear of peanut butter for breakfast or with soup for lunch).
- 4.** Pour tomato filling into prepared pan. Spoon cornbread batter over the top and spread to cover the filling as best you can.
- 5.** Bake in preheated oven for about 20 minutes until cornbread is baked through and golden brown.
- 6.** Serve warm with your favorite taco toppings! Sour cream, avocado, cheese, cilantro, etc. Enjoy!

Tips, Tricks, and Terms

CORNMEAL: Cooking with gold

Many know cornmeal for its important place on the list of ingredients for a great cornbread, but its golden color and toasty flavor can be put to work in lots of ways! Cornmeal is made from ground corn and can range in texture from very fine to coarsely ground. Naturally gluten free, it can also count as a whole grain serving if you look for products or corn meal with "whole corn" listed on the ingredient list (meaning it includes the bran, germ, and endosperm of the grain that carry most of the nutrients and fiber).

Try out the Pumpkin Cornbread recipe from this week's Meal Box OR use it as a coating for your favorite oven baked fish or chicken, in a Cornmeal Pancake recipe for your next brunch, or as a creamy side dish in a Polenta preparation. There's even delicious Cornmeal Cookie recipes out there. :)



A little about...

CHIPOTLE PEPPERS IN ADOBO: Chipotle peppers are jalapenos that have been smoked and dried, when "in adobo sauce" they are then rehydrated in a sweet and tangy tomato sauce. Find them canned at most grocery stores and use one or two peppers to ramp up the spiciness in this and other dishes. Freeze leftovers in an ice cube tray or ziplock bag.

CORN: needs no introduction, but whole kernel corn (canned, frozen, or fresh) is a great source of fiber, vitamin C, B vitamins, magnesium, and potassium while being gluten-free and a whole grain!

GROWER SPOTLIGHT

Featherstone Farm is a 250-acre certified organic farm located in bluff country around Rushford, MN. The farm produces around 70 varieties of fresh market fruits and vegetables for distribution to local co-ops, restaurants and grocers, wholesalers and CSA members across the region.

Featherstone Farm was founded in 1994 by Jack Hedin and Jenni McHugh, the farm draws its name and focus on environmental sustainability from the Featherstone Township homestead where Jack's great grandfather farmed and planted trees in the 19th century.

Visit featherstonefarm.com to learn more and follow on Facebook @featherstonefv



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