

Turkey & Bean Tamale Pie



Makes:

8 servings

Utensil:

2 Qt./1.8L Sauce Pan with Cover
12" Electric Oil Core Skillet

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Recipe:

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Recipe Description:

Use leftover roasted turkey or chicken for this simple, family friendly one skillet meal. Southwestern spices, beans and cheesy corn meal topping make this dish a crowd pleaser, easy enough for a weeknight meal.

1 medium
onion, strung, use Cone #2
2 cloves
garlic, shredded, use Cone #1
1 each
sweet pepper, red or green, small dice
2 tsp
chili powder
(5
g)
2 tsp
cumin, ground
(5
g)
1 tsp
oregano, dry
1 tsp
natural salt
(6
g)
4 oz
diced green chili, drained
(113
g)
15 oz
pinto beans, cooked, drained
(425
g)
3 cups

leftover turkey or chicken, shredded or diced

(453

g)

2 cups

diced tomato with juices

(360

g)

1 cup

polenta

(160

g)

2 cups

chicken stock

(475

ml)

$\frac{1}{2}$ tsp

natural salt

(3

g)

1 $\frac{1}{2}$ cup

cheddar or jack cheese, shredded, use Cone #2

Optional: fresh cilantro, guacamole or sour cream

Directions:

1. Preheat electric oil core skillet to 375°F / 190°C degree.
2. Sauté onion, garlic and peppers for 3-4 minutes, add chili powder, cumin, oregano and salt.
3. Add diced green chilies, pinto beans, diced turkey and tomato with juices, stir.
4. Pour chicken stock and salt in 2 quart sauce pan, bring stock to a boil. Slowly pour in polenta and stir to combine with whisk. Place lid on sauce pan and turn heat to low.
5. Cook polenta for 5-10 minutes, until it is thick. Turn off heat and remove polenta from stove. Add 1 cup of shredded cheese to polenta and stir to combine.
6. Place table spoons of polenta on top of turkey, bean filling- (it will be very thick) in electric skillet to cover top of filling. Use a spatula to smooth polenta to cover filling. Sprinkle remaining $\frac{1}{2}$ cup of cheese on top.
7. Place cover on skillet and turn heat to 180°F / 80°C, cook for 50 minutes until filling is cooked and polenta is set.
8. Serve tamale casserole as is or top with your choice of, salsa, scallions, chopped cilantro, guacamole or sour cream.

Tips:

- Omit beans.
- Add in leftover roasted sweet potato cut in medium dice.
- Add in extra vegetables; zucchini, corn or diced butternut squash.

Nutritional Information per

▼ Serving

Calories: 216

Total Fat: 10g

Saturated Fat: 2g

Cholesterol: 53mg

Sodium: 321mg

Total 18g

Carbs:

Dietary Fiber: 1g

Sugar: 2g

Protein: 14g