

# Skillet Tamale Pie

## Filling:

- 1lb ground beef (*Sonrise Farms Beef*)
- 1 medium onion, chopped
- 1/2 bell pepper, chopped
- 1 (15 oz) can kidney or black beans
- 1 (15 oz) can tomatoes
- 1 cup salsa
- 1 cup sweet corn
- 1 can (3-4 oz) black olives
- 1 Tbs chili powder
- 1/4 tsp salt

## Topping:

- 1/2 cup cornmeal
- 1/2 cup flour
- 2 tsp baking powder
- 1/2 tsp salt
- 1 egg, beaten (*Flowered Cow Dairy eggs*)
- 2 Tbs fat, softened (butter, lard, tallow, oil)
- 1/2 cup milk or water
- 1 cup cheddar cheese, shredded (*Twilight Dairy Cheese*)

## Instructions

1. Preheat oven to 400 degrees.
2. Brown the ground beef in a large cast iron skillet along with the onions and pepper.
3. Add remaining filling ingredients and simmer for 10 minutes.
4. Meanwhile, make topping by combining cornmeal, flour, baking powder and salt then adding egg, fat, milk or water. Stirring to make a smooth batter.
5. Drop spoonfuls of batter on top of simmering filling ingredients. Sprinkle cheese over the batter.
6. Remove skillet from the stovetop and place in preheated oven for 25-30 or until cornbread tests done.
7. Serve with topped with sour cream and fresh cilantro.
8. Enjoy!

