

Hot Tamale Pie

This irresistible tamale pie is made with beans, lots of vegetables and spices, and a crust of cornmeal. It keeps well in the refrigerator for up to five days. Just reheat in the oven for about 20-25 minutes and serve.

Makes one 8-inch square pie

1 tablespoon olive oil (or water)
1 medium onion, finely chopped
1 medium yellow, red, or green bell pepper, seeded and finely chopped
2 garlic cloves, minced
1 16-ounce can unsweetened tomato sauce
1 16-ounce can pinto beans, rinsed and drained
1 can corn or 3/4-cup (thawed) frozen corn (or 1 ear fresh corn)
1 teaspoon chili powder
1 teaspoon ground cumin
1/2 teaspoon fine sea salt
Pinch of cayenne pepper
3 cups water
1 cup yellow stone-ground cornmeal
1 tablespoon freshly squeezed lemon juice
1 teaspoon Dijon mustard
1/2 teaspoon fine sea salt

Preheat the oven to 350 degrees

Heat the olive oil (or water) in a large frying pan over medium-high heat. Add the onion, bell pepper, and garlic and cook until softened, 5 to 7 minutes. Remove from the heat and stir in the tomato sauce, pinto beans, corn, chili powder, cumin, salt, and cayenne. Pour into an 8x8-inch glass baking dish.

Boil the water, add the cornmeal, lemon juice, mustard, and salt in a large saucepan, and stir until mixed. Bring to a boil over medium-high heat, then immediately reduce the heat to low and simmer, stirring often, until thickened, 3 to 5 minutes.

Spread the cooked cornmeal over the bean mixture. Bake for 30 minutes. Cool for 10 minutes before serving.

Delicious!

From John Robbins' *May All Be Fed: Diet for a New World*