

# Tamale Pie

*Unit: 4 Qt, Steamer Inset, Large Skillet or the Electric Skillet*

## Meat Mixture

**1.5 - Pounds Ground Beef**  
**3/4 - Cup Instant Rice**  
**1 - 16 Oz. Can Diced Tomatoes**  
**1 - Cup of Salsa**  
**1 - Cup of Water**  
**1 - Cup of Monterey Jack Cheese #2 Blade**

## Topping

**1 - Box of Jiffy Corn Bread Mix**  
**1/2 - Can of Cream Style Corn**  
**1 - Large Egg**  
**3 - Tablespoons of Cumin**  
**2 - 16 Oz. Cans of Drained Black Beans**

First, steam the hamburger in the 4 qt. and steamer inset. Next, combine all meat mixture ingredients into a large skillet. (Large skillet or the Electric Skillet)

Next, mix the topping ingredients together in a bowl. The batter should be fairly stiff. Spoon heaping tablespoons of the topping over the mixture in the large skillet. (The topping doesn't have to be perfectly spread out.)

Rotate the valve under the knob to open and place the lid on the unit. Turn the unit on medium heat. (300 for the electric skillet) When the valve activates or the lid is stinging hot to the touch, rotate it closed and reduce to medium-low heat. (225 for the electric skillet) Cook for approximately 20 minutes or until the cornbread topping is finished.



HEALTH QUEST