

Spicy Chicken Tamale Pie

Yield: 4 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/new-mexico-chicken-tamale-recipe>

Ingredients:

- 3 cups chicken cooked and shredded
- 1 tablespoon coconut oil or light flavor olive oil
- 1 yellow onion large, chopped small
- 1 green bell pepper chopped small
- 1 cup enchilada sauce red chile
- 7 ounces sauce can chipotle peppers in adobo, chopped with sauce
- 10 ounces diced tomatoes with green chile
- 1 cup Mexican beer dark
- 1 tablespoon red chile powder
- 1 teaspoon cumin
- 1/2 teaspoon kosher salt
- 1/2 teaspoon white pepper black pepper would be fine here as well
- 2 ears corn kernels
- 1 1/2 cups frozen corn
- 15 ounces black beans can of, drained and rinsed
- 1 tablespoon masa harina dissolved in 2 tablespoons water
- 1 cup masa harina
- 1 teaspoon kosher salt
- 1/4 cup butter very soft
- 1 cup hot water I used about a cup

Nutrition:

1. Calories: 660 calories
2. Carbohydrate: 69 grams
3. Cholesterol: 140 milligrams
4. Fat: 23 grams
5. Fiber: 17 grams
6. Protein: 48 grams
7. SaturatedFat: 13 grams

8. Sodium: 2270 milligrams
 9. Sugar: 14 grams
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