

Tamale Pie

Yield: 16 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/peruvian-tamale-recipe>

Ingredients:

- 3 tablespoons canola oil
- 3 yellow onions thinly sliced with a mandoline
- 3 green bell peppers large, seeded and chopped
- 4 serrano chilies seeded and minced
- 4 1/2 pounds beef ground lean
- 4 cups corn kernels fresh or thawed frozen
- 1/4 cup ground cumin
- 4 1/2 tablespoons chili powder
- 1 can (14.5 oz.) diced tomatoes drained
- 6 (oz.) tomato paste
- 3 1/2 tablespoons coarse salt plus more, to taste
- 1 cup chopped fresh cilantro
- 1 box bread mix Buckeye corn
- 1 cup shredded Monterey Jack cheese
- sour cream for serving

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 100 milligrams
4. Fat: 25 grams
5. Fiber: 2 grams
6. Protein: 35 grams
7. SaturatedFat: 10 grams
8. Sodium: 2140 milligrams
9. Sugar: 4 grams
10. TransFat: 1.5 grams

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