

Beef Tamale Casserole

Yield: 8 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/pati-s-mexican-table-tamale-casserole-recipe>

Ingredients:

- 1/2 cup cornmeal
- 2 tablespoons sugar
- 1/2 teaspoon salt
- 1 tablespoon baking powder
- 1 egg
- 4 tablespoons unsalted butter melted
- 1/3 cup buttermilk
- 14 3/4 ounces cream style corn 1 can
- 4 1/2 ounces diced green chiles 1 can
- 1 tablespoon olive oil
- 1 pound ground beef
- 1 large onion chopped
- 2 cloves garlic minced
- 1 teaspoon cumin ground
- 1/4 teaspoon chipotle powder
- 1/2 teaspoon chili powder
- salt salt or to taste
- pepper salt or to taste
- 10 ounces enchilada sauce 1 can
- 2 cups shredded monterey jack cheese cheddar cheese or any blend of Mexican cheese works as well
- 1 tablespoon chopped cilantro
- avocado optional
- jalapeno pepper sliced, optional

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 105 milligrams

4. Fat: 27 grams
 5. Fiber: 4 grams
 6. Protein: 22 grams
 7. SaturatedFat: 13 grams
 8. Sodium: 1170 milligrams
 9. Sugar: 9 grams
 10. TransFat: 0.5 grams
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