

# Mexican Tamale Pie

Yield: 8 min  
Total Time: 65 min

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

## Ingredients:

- 2 pounds lean ground beef
- 1 medium onion diced
- 1 teaspoon garlic powder
- 1 teaspoon black pepper
- 1 teaspoon seasoning Slap Ya Mama
- 1 teaspoon smoked paprika
- 1/2 teaspoon red pepper flakes
- 19 ounces red enchilada sauce
- 4 ounces diced green chilies
- 2 1/4 ounces sliced black olives drained
- 15 ounces whole kernel corn, drained
- 2 cups sharp cheddar cheese
- 1 1/2 cups colby jack or pepper jack
- 2 boxes cornbread mix Jiffy
- 15 ounces creamed corn cans
- 1 cup Sour Cream
- 2 large eggs

## Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 190 milligrams
4. Fat: 31 grams
5. Fiber: 4 grams
6. Protein: 43 grams
7. SaturatedFat: 17 grams
8. Sodium: 1310 milligrams
9. Sugar: 10 grams

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