

Cornbread Tamale Pie  
Recipe from [Joy of Cooking](#)  
Adapted by [Jennifer Steinhauer](#)  
Featured in: [The Way We Eat: Ode to Joy](#)  
From New York Times Cooking

Yield: 6 servings

Time: 1 hour

## INGREDIENTS

### COOKING-OIL SPRAY FOR GREASING PAN\*

1-pound ground beef  
1 medium onion, finely chopped  
1 cup rinsed and drained canned black beans  
1 cup corn, drained, canned or frozen (thawed if frozen)  
1 cup tomato sauce  
1 cup beef or chicken broth  
½ cup diced green bell pepper, optional  
1 tablespoon chile powder  
½ teaspoon ground cumin  
1 ½ teaspoons salt, plus more to taste  
¼ teaspoon black pepper, plus more to taste  
¾ cup cornmeal  
1 tablespoon flour  
1 tablespoon sugar  
1 ½ teaspoons baking powder  
1 egg  
⅓ cup milk  
1 tablespoon vegetable oil

## PREPARATION

1. Preheat the oven to 425 degrees. Grease a 3-quart high-sided casserole dish with cooking spray. In a large skillet, sauté the beef and onion over medium-high heat until the meat is brown and the onion translucent, about 10 minutes. Then add the beans, corn, tomato sauce, broth, bell pepper (if using), chili powder, cumin, 1 teaspoon salt and 1/4 teaspoon black pepper. Simmer for 15 minutes. Set aside.
2. In a medium bowl, whisk together the cornmeal, flour, sugar, baking powder and teaspoon salt. In a small bowl whisk together the egg, milk and oil until combined. Whisk the milk mixture into the flour mixture until combined. Spread the meat mixture into the casserole dish and cover with the corn bread topping. The topping will disappear into the meat mixture but will rise during baking and form a layer of corn bread. Bake until the corn bread is brown, 20 to 25 minutes.

Donna's Note: Follow the suggestion of another cook and use a Dutch oven for browning meat and cookie. I used my Le Creuset braiser. I used a whole can of black beans and whole pepper. I rounded up certain ingredients so I didn't have leftovers. You may find the cornbread is not sufficient to cover the casserole, I doubled the recipe. You may have your own recipe you prefer, this one was a bit dry.