



Donated by Allen & Myra Charleston

Heart Healthy Tamale Pie

- 1 pound ground emu
- 1/2 cup cornmeal
- 1/4 teaspoon salt
- 1 1/3 cups water
- 2 cloves minced garlic
- 1 can enchilada sauce
- 2 teaspoon chili powder
- 1/2 cup shredded cheddar cheese
- 1 large yellow onion, chopped
- 1/2 cup cold water
- 1/8 teaspoon cayenne pepper
- 1 ball pepper chopped
- 1 can red kidney beans
- 1 can diced green chili peppers
- 1/4 cup chopped black olives

Preheat the oven to 350°. Grease an 8x8x2" baking dish. In a bowl combine cornmeal, 1/2 cup cold water, salt and red pepper. In saucepan bring 1 1/3 cups of water to a boil and slowly add the cornmeal mixture. Stir constantly to make sure it doesn't lump. Bring back to a boil. Lower heat and cook for 10 to 15 minutes until very thick.

Spray skillet with cooking spray and brown the meat, onions, bell pepper and garlic. Add kidney beans, enchilada sauce, chili peppers, olives, and chili powder. Bring to a boil.

Spread cornmeal mixture in the baking dish and then spread the meat mixture over the cornmeal. Bake uncovered until heated through, approximately 15 minutes. Sprinkle with cheddar cheese and bake uncovered until the cheese melts. Serves 6.