

Easy Chicken Tamale Pie

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Taste of Home Magazine - Feb/Mar 2014

Servings: 8

1 pound ground chicken
1 teaspoon ground cumin
1 teaspoon chili powder
1/2 teaspoon salt
1/4 teaspoon pepper
1 can (15 ounce) black beans, rinsed and drained
1 can (14-1/2 ounce) diced tomatoes, undrained
1 can (11 ounce) whole kernel corn, drained
1 can (10 ounce) enchilada sauce
2 green onions, chopped
1/4 cup fresh cilantro, minced
1 package (8-1/2 ounce) cornbread/muffin mix
2 eggs, lightly beaten
1 cup (4 ounce) Mexican cheese blend, shredded
Optional Toppings: sour cream, salsa and minced fresh cilantro

Preparation Time: 20 minutes

Cook Time: 7 hours

In a large skillet, cook the chicken over medium heat for 6 to 8 minutes or until no longer pink, breaking into crumbles. Stir in the seasonings.

Transfer to a four-quart slow cooker. Stir in the beans, tomatoes, corn, enchilada sauce, green onions and cilantro. Cook, covered, on LOW for six to eight hours or until heated through.

In a small bowl, combine the muffin mix and eggs; spoon over the chicken mixture. Cook, covered, on LOW for one to one-1/2 hours longer or until a toothpick inserted into the cornbread layer comes out clean.

Sprinkle with the cheese. Let stand, covered, for 5 minutes.

If desired, serve with the optional toppings.

Per Serving (excluding unknown items): 269 Calories; 10g Fat (34.0% calories from fat); 25g Protein; 19g Carbohydrate; 5g Dietary Fiber; 116mg Cholesterol; 243mg Sodium. Exchanges: 1 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 1/2 Fat.

Chicken, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	269	Vitamin B6 (mg):	.4mg
% Calories from Fat:	34.0%	Vitamin B12 (mcg):	.4mcg

% Calories from Carbohydrates:	28.9%
% Calories from Protein:	37.1%
Total Fat (g):	10g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	116mg
Carbohydrate (g):	19g
Dietary Fiber (g):	5g
Protein (g):	25g
Sodium (mg):	243mg
Potassium (mg):	648mg
Calcium (mg):	62mg
Iron (mg):	3mg
Zinc (mg):	2mg
Vitamin C (mg):	17mg
Vitamin A (i.u.):	1055IU
Vitamin A (r.e.):	124RE

Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	127mcg
Niacin (mg):	6mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

Grain (Starch):	1
Lean Meat:	3
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 269	Calories from Fat: 91
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% Daily Values*

Total Fat 10g	16%
Saturated Fat 4g	18%
Cholesterol 116mg	39%
Sodium 243mg	10%
Total Carbohydrates 19g	6%
Dietary Fiber 5g	18%
Protein 25g	
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Vitamin A	21%
Vitamin C	29%
Calcium	6%
Iron	15%

* Percent Daily Values are based on a 2000 calorie diet.