



Budget Friendly Meals:

Easy Tamale Pie with Peppers



Ingredients

- 2 poblano peppers
- 6 chicken or beef tamales
- 1 can (15 ounces) chili with beans
- 2 cups shredded sharp cheddar cheese
- 1 small onion, chopped
- Chopped fresh cilantro and thinly sliced green onions

Directions

1. Cut peppers lengthwise in half; remove stems and seeds. Place peppers on a foil-lined baking sheet, skin side up. Broil 4 in. from heat until skins blister, about 5 minutes. Immediately place peppers in a large bowl; let stand, covered, 20 minutes. Reduce oven setting to 350°.
2. Peel off and discard charred skins. Place peppers in a greased 11x7-in. baking dish. Remove husks from tamales. Cut tamales into quarters; place over peppers. Top with chili, cheese and chopped onion. Bake until hot and bubbly, 30-35 minutes. Serve with cilantro and green onions.

NOTE: Peppers (Hot)

Wear disposable gloves when cutting hot peppers; the oils can burn skin.
Avoid touching your face.

Nutrition Facts

1 serving: 439 calories, 25g fat (9g saturated fat), 59mg cholesterol, 1152mg sodium, 34g carbohydrate (3g sugars, 5g fiber), 23g protein.