



Cheesy Polenta Pie

Serving Size: 1 cup

Yield: 12 Servings

Ingredients:

1/2 pound ground beef, lean (85%)	1 1/3 tablespoons
1/2 medium onion, chopped	chili powder,
1 can kidney beans, drained (15.5oz)	divided
1 can diced tomatoes with juice (14.5 oz.)	1 1/2 teaspoons
1 can corn, drained	salt, divided
1/2 teaspoon cumin powder	1 cup yellow cornmeal
1 teaspoon garlic powder	1 teaspoon sugar
1/2 teaspoon oregano	2 1/2 cups water
1/2 teaspoon pepper	1 cup grated cheddar



Directions:

1. Brown meat and onion in a large skillet over medium-high heat (350 degrees in an electric skillet). Drain fat.
2. Add beans, tomatoes, corn, 3 teaspoons chili powder, cumin, garlic powder, oregano, salt and pepper. Reduce heat to low (250 degrees in an electric skillet), cover and heat thoroughly. As filling heats, mix cornmeal, salt, sugar and 1 teaspoon chili powder with water in a small saucepan. Cook over medium heat, stirring constantly until thickened, about 2 minutes. Add cheddar and mix well.
3. Spread cornmeal mixture over chili mixture.
4. Cover and cook over low heat, with lid slightly ajar, until topping is set, about 10 minutes.

Tip: Substitute 1-2 tablespoons taco seasoning mix for the last 6 ingredients in the filling in step 2 (chili powder, cumin, garlic powder, oregano, salt and pepper.)

Nutrition Facts: Calories, 170; Calories from fat, 45; Total fat, 5g; Saturated fat, 2.5g; Trans fat 0g; Cholesterol, 20mg; Sodium, 420mg; Total Carbohydrate, 21g; Fiber, 4g; Protein, 10g; Vitamin A, 8%; Vitamin C, 8%; Calcium, 10%; Iron, 10%.

Source: Oregon State University Extension Service, www.foodhero.org



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