

Vegetarian Tamale Pie



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Ingredients

2 (28 oz.) cans diced tomatoes, drained with 2 cups of liquid reserved

1 onion, chopped

4 cloves garlic, chopped

1 tablespoon vegetable oil

1 $\frac{1}{4}$ teaspoon kosher salt, plus more as needed

Freshly ground pepper, to taste

1 tablespoon minced chipotle in adobo sauce

1 tablespoon chili powder

4 teaspoons lime juice

2 (15 oz.) cans black beans, rinsed and drained (or 3 cups cooked beans)

2 (15 oz.) cans pinto beans, rinsed and drained (or 3 cups

cooked beans)

1 $\frac{1}{2}$ cups fresh or frozen corn

1 zucchini, cut into $\frac{1}{2}$ -inch cubes

$\frac{1}{4}$ cup minced fresh cilantro

1 teaspoon dried oregano

8 ounces Monterey Jack cheese, shredded (or pepper jack for added spice)

4 cups water

1 $\frac{1}{2}$ cups coarse cornmeal

Method

1. Preheat the oven to 475° F. Line a rimmed baking sheet with aluminum foil. In a mixing bowl, combine the tomatoes, onion, garlic, oil and $\frac{1}{2}$ teaspoon of the salt. Toss to combine, then spread out on the prepared baking sheet. Roast, stirring occasionally, until the vegetables begin to brown at the edges, about 35-40 minutes.

2. Remove the vegetables from the oven and lower the oven temperature to 375° F. Transfer the roasted vegetables and any juices to a blender. Add in the chipotle, chili powder, lime juice and reserved tomato juice. Puree until the mixture is slightly chunky, 8-10 seconds. Season with salt and pepper to taste. Combine the sauce with the beans, corn, zucchini, cilantro and oregano in a 9 x 13-inch baking dish. Mix well, then spread into an even layer. Spread the shredded cheese in an even layer over the top.

3. Bring the water to a boil in a medium to large saucepan over high heat. Add in the remaining $\frac{3}{4}$ teaspoon of salt, then slowly add in the cornmeal, whisking vigorously to prevent clumping. Reduce the heat to medium-high and cook, whisking constantly, until the cornmeal begins to soften and the mixture thickens, about 3 minutes. Remove from the heat and season with salt and pepper to taste. Spread the warm cornmeal mixture over the casserole with a spatula, pushing it to the edges of the baking dish.

4. Cover with foil and bake for 30 minutes. Remove the foil and continue to bake until the crust is beginning to brown and

the filling bubbles, about 30-35 minutes. Let cool 10 minutes before serving.

Source: The Complete Vegetarian Cookbook (8 servings)

7 WW Freestyle SmartPoints