

# Foster's Body & Paint

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## Tamale Pie

### Ingredients:

- 1 lb ground beef
- 1/4 lb bulk pork sausage
- 1/4 cup chopped onion
- 1 garlic clove, minced
- 1 can (14 ½ oz) stewed tomatoes, drained
- 1 can (11 oz) whole kernel corn, drained
- 1 can (6 oz) tomato paste
- 1/4 cup sliced ripe olives
- 1 ½ tsp chili powder
- 1/2 tsp salt
- 1 egg
- 1/3 cup milk
- 1 package (8 ½ oz) cornbread muffin mix
- Dash of paprika
- 1/2 cup shredded cheddar cheese



### Preparations:

- 1.) In a 2 ½ qt microwave safe dish, combine beef, sausage, onion and garlic. Cover and microwave on high for 4 to 5 minutes; stirring once to crumble meat. Drain. Add the tomatoes, corn, tomato paste, olives, chili powder and salt; mix well. Cover and microwave on high 4 -6 minutes or until heated through.
- 2.) In a large bowl, beat egg; add milk and corn bread mix. Stir just until moistened. Spoon over meat mixture; sprinkle with paprika.
- 3.) Microwave, uncovered, on high for 7-8 minutes or until a toothpick inserted near the center of the corn bread comes out clean. Sprinkle with cheese.

Makes 6 servings

Find this recipe and many more at [Fostersbodyandpaint.com](http://Fostersbodyandpaint.com)