

Cooking with Amanda - Winter Comfort Meals

Tamale Pie & Pop Corn

Tamale Pie

This savory casserole is a great do-ahead dish, simply wrap tightly and refrigerate until ready to use. Add 5 or 10 minutes to the baking time; the mixture should be bubbling.

Serves 4

- 1 cup yellow cornmeal
- 1 cup cold water
- 3 cups boiling water
- 1 medium onion, chopped
- 1 large green bell pepper, chopped
- 1 jalapeño pepper, minced (optional)
- 2 cups diced tomatoes, fresh or canned
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 teaspoon oregano
- 1 teaspoon salt
- ½ teaspoon garlic powder
- 2 cups cooked pinto beans

Combine the cornmeal and cold water in a medium bowl to make a mush. Pour the boiling water into the mush, whisking to keep smooth. Place in the top section of a double boiler, cover, and cook for 25 minutes, whisking occasionally.

Preheat the oven to 350°F. Heat a little water in a medium saucepan over medium heat and add the onion, green pepper, and jalapeño pepper, if using. Sauté until the vegetables are softened, about 10 minutes. Add the tomatoes, chili powder, cumin, oregano, salt and garlic powder, stir, and cook to heat through.

Spread half the mush in a small casserole dish or 7 by 11-inch baking pan. Spread the beans evenly over the mush, then cover with the tomato mixture. Spread the remaining cornmeal mush on top. Bake until the surface is golden brown and the casserole is bubbling around the edges, about 30 minutes.

Serve with a green vegetable such as steamed broccoli on the side, or line your plate with fresh salad greens before serving.

Stove top air-popped Popcorn

- ¼ cup fresh popcorn kernels (it's important they've not been sitting in your pantry for months)
- Nutritional yeast flakes (optional)
- Salt

Use a 2-quart nonstick or stainless steel pot with a tight-fitting lid. Heat the pot on Med-High heat for 2 mins, or until a few drops of water sizzle. Turn the heat down to just above low, and add the popcorn kernels. Immediately replace the lid. Shake the pot every few seconds to prevent burning. After 1-2 minutes, the popcorn will start popping. When it stops for several seconds, it's all done.

Place popcorn in a large bowl and sprinkle with salt and nutritional yeast flakes. Enjoy!

See [Soups and Stews](#) for a delicious Potato Corn Chowder recipe.