

Beef Tamale Pie

Total Recipe Time: 20 minutes

1 pound Ground Beef (75% to 80% lean)
1 package (8 ounces) shredded taco-seasoned cheese
3 cups corn chips
1/2 cup refrigerated prepared salsa, drained
Additional salsa



1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Remove from skillet with slotted spoon; pour off drippings. Return beef to skillet; add cheese; cook and stir 1 to 2 minutes or until cheese is melted.
2. Meanwhile, place 2 cups corn chips in 9-inch pie plate. Crush chips slightly to lay flat on bottom of pie plate.
3. Spoon beef mixture over crushed corn chips; press gently with back of spoon to form even layer. Top with remaining 1 cup corn chips and 1/2 cup salsa. Serve immediately.
4. To serve, cut pie into wedges and carefully remove with pie server. Top with additional salsa, as desired.

Makes 4 servings

Cook's Tip: Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.

Cook's Tip: Eight ounces shredded Mexican cheese blend may be substituted for taco-seasoned cheese.

Cook's Tip: Prepared thick-and-chunky salsa may be substituted for refrigerated salsa.

Nutrition information per serving: 661 calories; 46 g fat (2 g saturated fat; 1 g monounsaturated fat); 131 mg cholesterol; 878 mg sodium; 22 g carbohydrate; 1.2 g fiber; 38 g protein; 5.4 mg niacin; 0.4 mg vitamin B₆; 2.4 mcg vitamin B₁₂; 2.8 mg iron; 18.5 mcg selenium; 7.1 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, selenium and zinc; and a good source of iron.

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