



Tamale Skillet Bake

Prep: 30 minutes • Bake: 15 minutes

Serves: 6

- 1 tablespoon olive oil
- 1 medium green bell pepper, diced (about $\frac{3}{4}$ cup)
- 1 medium yellow onion, diced (about $1\frac{1}{2}$ cups)
- 2 garlic cloves, minced
- 2 teaspoons chili powder
- 1 pound ground beef or pork
- 1 jar (16 ounces) hot or medium chunky salsa
- 1 cup frozen corn
- 1 cup water
- 1 package (8.5 ounces) cornbread mix
- 1 cup shredded Colby-Monterey Jack cheese blend

1. Preheat oven to 400°. In large oven-safe skillet, heat oil over medium-high heat. Add bell pepper and onion; cook 5 minutes, stirring occasionally. Add garlic and chili powder; cook 1 minute, stirring frequently. Add beef; cook 7 to 8 minutes or until beef is no longer pink.

2. Stir in salsa, corn and water; heat to boiling. Reduce heat to low; cook 10 minutes, stirring occasionally.

3. Meanwhile, prepare cornbread mix according to package directions, adding $\frac{1}{4}$ cup additional milk; stir in $\frac{1}{2}$ cup cheese.

4. Spread cornbread mixture evenly over beef mixture in skillet. Bake 15 minutes or until cornbread is cooked through, sprinkling with remaining $\frac{1}{2}$ cup cheese during last 5 minutes of baking.

Approximate nutritional values per serving: 452 Calories, 24g Fat (8g Saturated), 88mg Cholesterol, 847mg Sodium, 43g Carbohydrates, 5g Fiber, 16g Protein