

Crosstown Shootout Chili Pie



Serves 8

1 ~ 28oz can tomatoes,
diced, do not drain

1 pound ground beef, can
substitute ground turkey
or chicken

1 onion, chopped

1 green bell pepper,
minced

2 garlic clove, large,
minced

1 ~ 15oz can kidney
beans, do not drain

1 1/2c cornmeal

2c cheddar cheese, grated

1 dash, Tabasco Sauce

1t salt

2t chili powder

1t cumin

1/4t cayenne pepper

1/2t crushed red pepper

1/2t black pepper

2c skim milk

3 large eggs, lightly
beaten

Preheat oven to 375. In medium non~stick saucepan, brown meat with onion, bell pepper and garlic. Drain off fat and add tomatoes and their juice, beans and their juice, 1/2 of the cornmeal, 1/4 of the cheese, dash Tabasco, salt and spices.

Cook over low heat, stirring occasionally, for about 15 minutes. Place in bottom of baking dish.

In small saucepan, combine milk, the rest of the cornmeal and salt and pepper to taste. Stir over low heat until mixture thickens a little and milk is fully incorporated into the cornmeal. Add the remaining cheese.

Cool, then add the lightly beaten eggs stirring until smooth. Pour this over the meat mixture in the baking dish.

Bake uncovered for 30 minutes or until crust is lightly browned.

Prepare Ahead Tip

Bake 24 hours in advance. Cool and refrigerate. Reheat in microwave until warmed through.

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