

Veggie Dutch Oven Tamale Pie

Ingredients:

- 1 medium onion, chopped
- 1 bell pepper, seeded and chopped
- 1 jalapeno pepper, seeded and chopped
- 2 cloves garlic, minced
- 1 can corn, vacuum-packed type, drained
- 1 can chopped tomatoes, not drained
- 1 can sliced olives, drained
- 1 can kidney or black beans, drained
- 1/4 cup olive oil
- 1/2 package veggie burger crumbles (you carnivores can use browned hamburger!)
- 1 tsp. salt
- 1 sprig each thyme, oregano, basil

- 3/4 cup cornmeal
- 1 Tbs. flour
- 1 Tbs. sugar
- 1/2 tsp. salt
- 1 1/2 tsp. baking powder
- 1 egg, beaten
- 1/3 cup milk
- 1 tsp. oil
- 1/2 cup grated cheese
- sour cream
- green onions, chopped

Directions: Heat olive oil in 10" Dutch oven. Cook onion and garlic until translucent. Add peppers and cook a few minutes. Add corn, tomatoes, olives, beans, veggie crumbles, salt, and herbs. Cook about ten minutes. Mix together cornmeal, flour, salt, sugar, and baking powder. Stir in egg, milk, and oil. Sprinkle cheese over mixture in Dutch oven. Spread cornmeal mix over the top. Bake until cornbread is golden brown. Garnish with sour cream and green onions. This can be done in a baking dish in a conventional oven; bake uncovered at 375 degrees until the cornbread is done.