

# Tamale Pie

from Caroline's Kitchen  
A Glimpse of Gingham

Grits, quick	1 Cup
Water	4 Cups
Salt	1/4 teaspoon
Onion, chopped	1
Green Pepper, chopped	1
Pork Sausage	1 lb.
Black Beans	1 (15oz can)
Fire roasted Tomatoes, canned	1 (14oz can)
Corn, frozen	1 cup
Chili Powder	1 Tablepoon
Salt	1 teaspoon
Pepper	1/2 teaspoon
Cheddar Cheese, shredded	1 cup

## Directions

1. Preheat oven to 350° and lightly spray a 9 x13 baking dish with oil.
2. Boil the water then add salt and the grits. Turn down to medium heat and stir till they become thick. Take off heat and set aside.
3. In a Large skillet brown the meat, onions, garlic and green peppers. About 7-8 minutes. In the 9x13 pour the can of black beans, and tomatoes. Add the corn and the meat mixture from the skillet.
4. Add the chili powder, salt & pepper then stir to full combine everything in the baking dish.
5. Bake, covered for **45 minutes** then remove the foil and sprinkle the top with cheese. Put back in the oven for **5 more minutes**.

Enjoy with corn chips or tortillas.  
Top with sour cream, salsa, and cheese