



Tamale pie with chilli beans

Recipe from Trevor Heldt (with thanks to Diana Lampe of the Canberra Times)

Ingredients

Beans

- 3 T extra virgin olive oil
- 1 large onion, chopped
- 2 cloves garlic, chopped
- 2 green chillies, chopped
- 1 red capsicum, cubed
- 1 t chilli powder or fresh chilli
- 1 t ground cumin
- 1 t dried oregano
- 1 400g tin tomatoes
- 1 400g tin red kidney beans
- 1 400 g tin black or pinto beans
- 1 cup fresh or frozen corn kernels
- Salt and pepper
- Squeeze of lemon or lime juice to taste

Corn bread

- 1/2 to 1 cup grated cheddar cheese (optional)
- Corn bread
- 1/2 cup polenta (not instant)
- 1/2 cup plain flour
- 2 t baking powder
- 1/4 t salt
- 2 T sugar or honey to taste
- 1 egg slightly beaten
- 1 1/2 T olive oil
- 1/2 cup milk



Method

1. To prepare beans, heat oil in a large pan and add onion and fry until turning golden. Add garlic, chillies, red capsicum and fry for a couple of minutes. Stir in chilli powder, cumin and oregano. Add tomatoes, beans, corn kernels, salt, a dash of sugar if it needs it, and a cup of water.
2. Cook at a simmer, partly covered, for about 30 minutes, adding more water if needed. Taste and correct seasoning . Add a squeeze of lemon or lime juice to brighten the flavours.
3. Preheat the oven to 200C and place the hot chilli beans into a large ovenproof dish (7-8 cup capacity). Sprinkle over half the cheese if using.
4. Place all the corn bread ingredients in a bowl and quickly mix together. Spoon the batter over the chilli beans - it may not look like enough, but it rises like crazy. Sprinkle the remaining cheese over the top if using. Bake for 30 minutes until golden brown and bubbling around the edges.
5. Let it stand for 10 minutes before serving with salad and sour cream.