



Clay & Bronze  
Sculptural · Functional  
Lighting Designs  
Fountains

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## NANCY'S TAMALE PIE

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### Ingredients:

#### Crust

½ cup corn meal  
½ cup unbleached flour  
1½ teaspoons baking powder  
¼ teaspoon salt  
½ cup non-fat yogurt  
¼ cup water  
1 teaspoon sugar  
¼ teaspoon cayenne pepper or to taste  
¼ cup frozen corn kernels

#### Filling

1 cup chopped onions  
6 cloves minced garlic (or  
1 teaspoon crushed garlic)  
1 tablespoon cumin  
½ tablespoon chilli powder  
¼ teaspoon coriander  
¼ cup apple juice concentrate  
¼ cup tomato paste  
1 cup chopped tomato  
1 can (4 oz.) chopped green chilli pepper  
1 can (15 oz.) kidney beans, rinse well  
¼ cup frozen green peas  
¼ cup frozen corn  
½ cup finely chopped carrots  
½ cup chopped red bell pepper  
4 tablespoons fresh finely chopped cilantro

#### Crust Instructions:

Mix together corn meal, flour, baking powder and salt. Gradually add yogurt and water. Mix until smooth. Stir sugar, cayenne and corn kernels into batter. Set aside under a damp cloth.

#### Filling

Braise onions, garlic, cumin, chilli powder and coriander in apple juice concentrate in large skillet. Add tomato paste, chopped tomatoes and pepper; then add beans, peas, corn, carrots, and bell peppers. Cook for 10 minutes, add cilantro. Spray baking pan with Pam and pour vegetable mixture into pan. Spread batter over vegetable mixture as evenly as possible.

Start in cold oven and set at 350°. Cook for 30 – 45 minutes until bubbly and top is lightly brown.

#### *One cup serving has:*

233 calories, 1.7 grams total fat, trace of saturated fat & trace of cholesterol.

**338 STANFORD AVE. · SANTA CRUZ, CA 95062 ☎ (831) 426-6575**

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