

Cast-Iron Tamale Pie (Tomato Free)

Ingredients:

CORNBREAD

- 1/2 cup cornmeal
- 2/3 cup gluten free flour
- 1/2 teaspoon xanthan gum
- 3 tablespoons sugar
- 1 tablespoon baking powder
- 1/4 teaspoon salt
- 3-4 tablespoons canola oil
- 1/3 cup almond/coconut milk
- 1 egg
- 1 can of creamed corn

MEAT

- 1 lb ground turkey
- 1 teaspoon taco seasoning

TAMALE PIE

- 1 cup tomato free enchilada sauce (see recipe below)
- 2 cups of shredded sharp white cheddar cheese

Instructions:

1. Preheat oven to 400 degrees F.
2. Whisk together cornmeal, flour, gum, sugar, baking powder, and salt. Add oil until soft crumbles form. Whisk in milk and egg. Gently fold in corn. Pour into greased 10 inch cast iron skillet. Bake 20 minutes.
3. While cornbread is baking, cook the meat and add taco seasoning.
4. Once cornbread is done baking, reduce oven to 350 degree F. Poke holes in cornbread with a toothpick and pour enchilada sauce over it. Top with ground turkey and shredded cheese, and cover with foil. Bake in oven for 20 minutes. Remove foil and bake about 5-10 minutes.
5. Let cool for 10 minutes before serving with desired toppings.

Tomato Free Enchilada Sauce

Ingredients:

- 2 Tbsp. canola oil
- 2 Tbsp. gluten-free flour
- 1 Tbsp. chili powder (up to 4 Tbsp. depending on your spice level!)
- 1/2 tsp. garlic powder
- 1/2 tsp. salt
- 2 cups chicken broth

Directions:

Heat oil in a small saucepan over medium-high heat. Add flour and stir together over the heat for one minute. Stir in the seasonings. Then gradually add in the broth, whisking constantly. Reduce heat and simmer 10-15 minutes until thick.

