

Tamale Peppers

From – *American Wholefoods Cuisine*

1 Tbsp olive oil
½ cup chopped onions
1 clove garlic, minced
1 Tbsp chili powder
½ tsp cumin
2 cups diced tomatoes
½ cup cornmeal
½ tsp salt
1 cup cooked black beans
1 cup corn kernels
1 cup shredded cheddar cheese
4 large green peppers

- Heat oil in a 1-2 quart saucepan and saute onions and garlic until softened, 3-5 minutes.
- Add chili powder and cumin, cook briefly.
- Stir in tomatoes, cornmeal, and salt.
- Cook, stirring occasionally, until mixture is thick and bubbling, about 10 minutes.
- Preheat oven to 350.
- While cornmeal cooks, slice top from peppers, remove seeds and tough inner ribs, and blanch in boiling water for 5 minutes, drain well.
- When the cornmeal mixture is ready stir in beans, corn and ½ cup cheese.
- Spoon cornmeal mixture into peppers.
- Top with remaining cheese.
- Place peppers upright in a baking dish and surround with hot water to a depth of ½ inch.
- Bake for about 40 minutes until peppers are tender.



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