

Vegetarian Cornbread-Topped Chili Casserole (Tamale Pie)

26 cm Le Creuset Round

4–5 servings



INGREDIENTS

- 2 T / 28 g canola oil
- 1 large onion (200 g), diced
- 2 cloves garlic, minced
- 1 tsp chili powder
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- 1 small jalapeño (or 1 T pickled jalapeños), finely chopped
- 1 block firm tofu (400 g), crumbled OR 1 can (240 g drained) kidney or black beans
- 1 can (400 g) diced tomatoes with juice
- 1/2 cup / 120 ml water or light stock (adjust as needed)
- 1 handful corn kernels (75 g)
- 1 medium zucchini (150 g), diced
- 1 tsp salt + 1/4 tsp MSG
- Black pepper to taste
- Juice of 1/2 lime (finish)

Cornbread Topping

- 1 cup (150 g) medium or fine cornmeal
- 1 tsp baking powder
- 1/2 tsp ground cumin
- 1 tsp brown sugar
- 1/2 tsp salt
- 1 egg
- 3/4 cup (180 ml) milk + 1 T vinegar (or 170 g plain Greek yogurt thinned slightly)
- 1 T / 14 g canola oil
- 1–2 T (10–20 g) grated Parmesan
- Small drizzle olive oil before baking

METHOD

1. Preheat oven:

- Preheat to **190°C**.

2. Build the chili base:

- Heat **canola oil** in the 26 cm Le Creuset over **medium heat**.
- Add **onion** and **cook 3–4 minutes** until softened.
- Add **garlic, chili powder, cumin, smoked paprika, and jalapeño**; **cook 1 minute** until fragrant.
- Add **tofu (or beans)** and **cook 3–4 minutes**.
- Stir in **tomatoes, water/stock, corn, zucchini, salt + MSG, and pepper**.

- **Simmer** uncovered **8–10 minutes** until slightly thickened but still saucy.
- Finish with **lime juice**.
- 3. Prepare cornbread batter:**
 - In a bowl, mix **cornmeal**, **baking powder**, **cumin**, **brown sugar**, and **salt**.
 - In another bowl, whisk **egg**, **milk mixture (or yogurt)**, and **canola oil**.
 - Combine wet and dry ingredients just until mixed.
 - Fold in **Parmesan**.
- 4. Assemble:**
 - Spread cornbread batter evenly over the chili.
 - Drizzle lightly with **olive oil**.
- 5. Bake:**
 - **Bake 22–25 minutes** until the top is golden and set.
 - **Rest 10 minutes** before serving.

NUTRITION (per serving, approx. 5 servings)

Kcal: 430 | Protein: 20 g | Fat: 19 g | Sat Fat: 5 g | Carbs: 48 g | Sugars: 9 g |
Fiber: 8 g | Sodium: 620 mg | Omega-3: 0.6 g