



Outside-In Turkey Tamale Pie



1/7th of recipe (about 1 cup): 230 calories, 7.5g total fat (2.5g sat. fat), 481mg sodium, 21g carbs, 3g fiber, 3g sugars, 19g protein

Prep: 20 Minutes **Cook:** 10 Minutes

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Ingredients

1 1/4 lbs. raw lean ground turkey
3/4 cup yellow cornmeal
1 cup fat-free chicken or vegetable broth
One 14.5-oz. can diced tomatoes with chiles (not drained)
1 small onion, chopped
3/4 cup canned sweet corn kernels, drained
1/2 cup canned red kidney beans, drained and rinsed
1/2 cup sliced black olives
2 tsp. chili powder
1 tsp. ground cumin
Optional toppings: fat-free shredded cheddar cheese, fat-free sour cream

Directions

Bring a large skillet sprayed with nonstick spray to medium-high heat. Cook and crumble turkey for about 6 minutes, until browned and fully cooked. Drain excess liquid and transfer turkey to a slow cooker.

In a medium bowl, whisk cornmeal with broth. Let stand for 5 minutes.

Add cornmeal mixture to the slow cooker along with all other ingredients. Mix thoroughly.

Cover and cook on high for 3 to 4 hours or on low for 7 to 8 hours. Mmmmm!!!

MAKES 7 SERVINGS

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