



Inspired by a Make-A-Mix-Cookery

### Tamale Pie

- |  |                                       |
|--|---------------------------------------|
| 1 1/2 pound hamburger                  | 1 teaspoon chili powder               |
| 1 cup ketchup                          | 1 can diced tomatoes with green chili |
| 1 onion dice                           | 1/4 teaspoon pepper                   |
| 1 can cream style or whole kernel corn | 1 teaspoon GFCF worchestire Sauce     |
| 1/2 teaspoon minced garlic             | 1 cup ripe olives (optional)          |
| 1 Can Pinto Beans                      |                                       |

brown hamburger and onions. Stir in rest of ingredients until hot. Either pour into greased casserole or crockpot. Top with cornbread mixture same as for Cornmeal bread. Cook in oven at 375 for 45 min or in crockpot on low for 4 or 5 hours

### Corn Bread Mix

- |                                 |                             |
|---------------------------------|-----------------------------|
| 2 cups GFFlour blend            | 2 Tablespoons Baking Powder |
| 1/2 Tablespoon Salt             | 1/2 cup shortening          |
| 1/4 cup plus 2 Tablspoons sugar | 2 1/4 cups cornmeal         |

Mix first 4 ingredients. Place in food processor (or use a pastry blender). add 1/2 cup shortening and process until well distributed making small crumbs. Mix processed flour mixture with cornmeal. Store in a cool dry place (Well make about 2 recipes)

### Corn bread

- |                         |                        |
|-------------------------|------------------------|
| 2 1/2 cups cornmeal mix | 1 Egg                  |
| 3/4 cups Apple Juice    | 1 teaspoon xanthan gum |
| 1/2 cup water           |                        |

Preheat Oven to 425. Grease 8 in squire pan. Mix Cornmeal mix all the ingredients spread in cake pan and bake for 25 min until golden brown