

"Meat Lovers" Vegetarian Tamale Casserole

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Serves 6-8

Ingredients:

1 Tbsp olive oil
1 medium onion, cut in half and then into thin slices
2 ribs of celery, diced
2- 8 oz. packages of Tempeh, crumbled
1 Tbsp chili powder (*alternatively use taco seasoning instead of chili powder, cumin, and salt)
1 tsp cumin
1- 19 oz. can black beans, drained and rinsed
1- 8.75oz can corn, drained
2 Tbsp Worcestershire sauce
2 tsp tabasco (or more to taste)
2 Tbsp apple cider vinegar
1- 10 oz. can enchilada sauce
2 cups tomato sauce
s+p to taste
1.5 cups shredded cheddar cheese

Topping Ingredients:

1- 8.5 oz. cornbread mix (such as Jiffy)
1/3 cup milk
1 egg
1- 4.25 oz can diced green chiles
1- 8.75 oz can corn, drained

1. Preheat oven to 375.
2. Heat oil in a large saucepan over med-hi heat. Cook a few minutes until onions have started to soften. Add celery, Tempeh. Cook until Tempeh begins to brown, 5-10 minutes, stirring occasionally.
3. Add spices and stir well. Stir in beans and next 6 ingredients. Cook until warmed through. Salt and pepper to taste.
4. Remove mixture from heat and spread into a 9x13 pan. Sprinkle cheese evenly on top.
5. Mix cornbread mix, milk and egg until smooth. Stir in chiles and corn. Put drops of cornbread mixture even over Tempeh mixture and then spread into a thin layer.
6. Bake casserole for 40 minutes or until top begins to turn golden around the edges.
7. Cool 5 minutes before serving.