



## 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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