



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

Blue Plan (Freestyle™) SmartPoints® value 5*

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

Tagged: [Lunch & Dinner Recipes](#), [Four or More Servings](#)



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

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.