

**BEEF TAMALE PIE**

*Total preparation and cooking time: 20 minutes*

- 1 pound ground beef (75% to 80% lean)**
- 1 package (8 ounces) shredded taco-seasoned cheese**
- 3 cups corn chips**
- 1/2 cup refrigerated prepared salsa, drained**
- Additional salsa**

1. Brown ground beef in large nonstick skillet over medium heat 8 to 10 minutes or until beef is not pink, breaking up into 3/4-inch crumbles. Pour off drippings. Add cheese; cook and stir 1 to 2 minutes or until cheese is melted.
2. Meanwhile place 2 cups corn chips in 9-inch pie plate. Crush chips slightly to lay flat on bottom of pie plate.
3. Spoon beef mixture over crushed corn chips; press gently with back of spoon to form even layer. Top with remaining 1 cup corn chips and 1/2 cup salsa. Serve immediately.
4. To serve, cut pie into and carefully remove with pie server. Top with additional salsa, as desired.

*Makes 4 servings.*

*Cook's Tip: Eight ounces shredded Mexican cheese blend may be substituted for taco-seasoned cheese.*

*Cook's Tip: Prepared thick-and-chunky salsa may be substituted for refrigerated salsa.*

***Nutrition information per serving:** 661 calories; 46 g fat (20 g saturated fat; 10 g monounsaturated fat); 131 mg cholesterol; 878 mg sodium; 22 g carbohydrate; 1.2 g fiber; 38 g protein; 5.4 mg niacin; 0.4 mg vitamin B<sub>6</sub>; 2.4 mcg vitamin B<sub>12</sub>; 2.8 mg iron; 18.5 mcg selenium; 7.1 mg zinc.*

This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron, selenium and zinc.