

StoveTop Tamale Pie

Ingredients:

1 lb ground beef
1 (8 ounce) can tomato sauce
1 (14 ounce) can kidney beans, undrained
1½ cup water
1 (1 1/4 ounce) package taco seasoning
1 (8 ounce) package corn muffin mix
1 cup shredded cheddar cheese
1¼ cup sliced green onion

Instructions:

In a large skillet, brown ground beef over medium-high heat; drain.

Stir in tomato sauce, beans, water and taco seasoning mix. Bring to a boil; reduce heat, cover and simmer 5 minutes.

Prepare corn muffin mix according to package directions. Drop small spoonfuls of muffin batter over meat mixture in a skillet.

Cover and cook over medium-low heat 15-17 minutes or until corn bread is done.

Top with cheese and green onion. Cover and cook over low heat until cheese melts.

source : Allrecipes.com