

# Cheesy Polenta Pie

## Ingredients

### Filling

- ½ pound lean **ground beef** (15% fat)
- ½ medium **onion**, chopped (about ½ cup)
- 1 can (15.5 ounces) **kidney beans**, drained and rinsed
- 1 can (14.5 ounces) **diced tomatoes** with juice
- 1 ½ cups **corn**, any type
- 1 Tablespoon **chili powder**
- ½ teaspoon **cumin powder**
- 1 teaspoon **garlic powder**
- ½ teaspoon **oregano**
- ½ teaspoon each **salt** and **pepper**

### Topping

- 1 cup **yellow cornmeal**
- ½ teaspoon **salt**
- ½ teaspoon **sugar**
- 1 teaspoon **chili powder**
- 2½ cups **water**
- 1 cup grated **cheddar cheese**

## Directions

1. Brown meat and onion in a large skillet over medium-high heat (350 degrees F in an electric skillet). Drain fat (see **Notes**).
2. Add the rest of the filling ingredients.



3. Reduce heat to low (250 degrees F in an electric skillet) and cover the pan.
4. As the filling heats, mix cornmeal, salt, sugar and 1 teaspoon chili powder with water in a small saucepan.
5. Cook over medium heat, stirring until thickened, about 2 minutes. Stir in cheese.
6. Spread topping over the filling.
7. Cover and cook over low heat, with lid slightly ajar, until topping is set, about 10 minutes.
8. Refrigerate leftovers within 2 hours.

## Notes

- Pour fat from cooked meat into a metal container. Let it cool, then dispose of it into a garbage can.
- Substitute 1 to 2 Tablespoons taco seasoning mix for the last 6 ingredients in the filling.



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