

Tamale Pie

Middle layer

4 1/4 cups dry black beans, soak over night, rinse well, pressure cook for 35 minutes (or cook on the stove for 90 minutes until soft and falling apart), then drain and set aside.

In a very heavy pan or wok, add:

- 1 Tablespoon olive oil
- 1 head (10 cloves) garlic, minced
- 3 large red onions, diced
- 2 large green bell peppers, diced
- 2 jalapeño peppers, minced (wear gloves—don't touch the seeds), optional

Sauté for ~20 minutes on medium, until vegetables are softened. Do not burn. Add:

- 3 Tablespoons chili powder (2 Tablespoons paprika, 2 tsp. oregano, 1 1/4 t. cumin, 1 1/4 garlic powder, 3/4 t. onion powder, 1 1/4 cayenne)
- 2 Tablespoons sweet paprika
- 1/2 teaspoon cinnamon
- 1/2 teaspoon cardamom
- 1/2 teaspoon freshly ground black pepper

Cook with vegetables for 3 minutes. Add:

- 7 teaspoons salt
- 4 teaspoons sugar
- 1 teaspoon turmeric
- 1 large can crushed tomatoes (32 oz.)
- The cooked black beans as discussed above

Cook on medium about 20 minutes to allow some of the liquid to evaporate. You don't want it runny, but you don't want it thick and dry either.

Bottom layer

- 3 cups masa harina cornmeal for tamales
- 2 teaspoons salt
- 2 teaspoons baking powder
- 1 Tablespoon dried oregano
- 1 teaspoon dried thyme
- 1/2 cup olive oil
- 1 3/4 to 2 cups just boiled water

Beat masa, salt and baking powder, and herbs, adding olive oil, hot water until mixture is just barely cohesive, not crumbly. It should be thick.

Top layer

- 5-6 pounds sweet potatoes, boiled, peeled, mashed
- 2 teaspoons salt or more to taste
- 1/2 tsp black pepper
- 1 Tbsp. nutritional yeast
- 1/2 cup Earth Balance

Blend together well, until smooth

Divide the above into two 9x13" pans and one 8x8" pan:

1. Spread the tamale dough evenly across the bottom of the 3 pans.
2. Add black bean mixture on top of the dough, spread evenly.
3. Spread mashed sweet potatoes over top and spread evenly.
4. Sprinkle tops with sweet paprika.

Bake at 350 degrees for 45-50 minutes until the tamale dough is firm. Let sit for 10 minutes before serving. Serve with guacamole on the side. Serves 10.

For more vegan recipes see www.TruthAboutNursing.org/vegan

Guacamole for 4 people: 4 Avocados, 2 or 3 Tablespoons finely minced onion, juice from 1/4th of a lime, 1/2 teaspoon salt or to taste