



recipes for life



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Vegan Baked-Tofu Tamale Pie

Tamale pie is a traditional Southwestern comfort food that's usually made in a casserole dish with cornmeal, cheese and fillings. It's a versatile recipe and fun to make because you can improvise, adding your own ingredients. You can even prepare it as a vegetarian dish, using tofu for protein rather than meat.

In addition to being a good source of protein, tofu provides plenty of calcium (if calcium is used in processing), manganese, omega-3 fats and vitamin B1. Tofu, made from soybean curds, is low in saturated fat and a nutrient-dense super food.

This recipe first appeared on our colleagues' [food and fitness blog](#) — visit for more healthy and delicious recipes.

Servings: 6 | **Prep Time: 15 minutes** | **Cooking Time: 35 minutes**

Ingredients

2 tablespoons olive oil
1 medium onion, diced
1 green pepper, diced
3 cloves garlic, minced
1 block firm tofu
1/2 cup water
1 (16-ounce) can tomatoes, diced
1/2 cup black olives, chopped
1 15-oz can whole-kernel corn, drained
1 tablespoon chili powder
1/2 teaspoon sea salt
1/2 teaspoon onion powder
1 teaspoon cumin
1 teaspoon oregano
1 cup cornmeal

Directions

1. Preheat the oven to 380 F.
2. Heat the oil in a large skillet over medium-high heat until hot. Sauté the onion, green pepper and garlic until soft.
3. Purée tofu and water to the consistency of a soft creamy paste or thick liquid.
4. Add the tofu purée and the remaining ingredients to the pan and simmer for 5 minutes.
5. Pour into a lightly oiled casserole dish or large iron skillet and bake for 25 to 30 minutes.
6. Serve hot and enjoy!

Nutrition Information (per serving)

Calories: 330
Total Fat: 12 g
Saturated Fat: 1.5 g
Cholesterol: 0 mg
Sodium: 610 mg
Total Carbohydrate: 41 g
Dietary Fiber: 7 g
Sugars: 7 g
Protein: 15 g

Categories: [Baking](#), [Main Course](#), [Vegan](#), [Vegetarian](#)

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