

Preheat oven to 325. Cook time: 35-40 minutes in glass 8×11 casserole dish.

Tamale Joe Casserole

Courtesy of BlessedElements.Com



The Tamale Joe Filling Ingredients

Large link vegan sausages sliced: 2 or 4 small~ I use Field Roast Spicy Mexican Chipotle

TVP Seasoned vegan hamburger: 3 cups (recipe below)

Chopped large onion: I normally use yellow or a Vidalia

*Chili pepper: 2 tsp (omit if you are using a chipotle seasoned sausage)

Salt: 2 tsp

Pepper: 1/4 tsp

Kernel corn: 1 can

Tomato sauce: 1 can 15 oz

*Sometimes I switch it up and put 2 cups of salsa in it instead.

non dairy milk: 1 cup

Drained sliced Black olives: 6.5 oz

Shredded dairy free cheese: 1 cup but you can use as much as you want because this goes on top of the casserole

Cornbread Mix (recipe below) that you make while this is simmering.

Directions

Brown vegan sausage links and TVP mix in a pan with 1 TBLS of olive oil. Add onion, seasoning, corn, tomato sauce and milk.

Simmer for 10 minutes. Add black olives and then pour into a 8 x 11 casserole dish (I use glass) for metal increase to 350° and cook for 30)

The cornbread on top needs to be done so judge your time accordingly.

Add grated cheese over top and pour cornbread mixture over evenly covering the top.

* This dish has so many flavor options. I personally do not like the taste of chili powder but my mom use to use it in this dish. I substitute chipotle powder, habanero, or any favorite chili pepper spice. Start small with a 16th of a tsp or less and after a taste test, add as you feel you need too.