

HOMINY PIE a Tex Mex Dish

large iron skillet

- 1 lb grassfed hamburger
- 1 medium organic or homegrown sweet onion
- 1 organic or homegrown red, green, or yellow bell pepper
- 1 teaspoon of chili powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon cilantro
- 1/4 teaspoon dried basil leaves
- 1/4 teaspoon dried oregano leaves
- 1/4 teaspoon ground paprika
- 1/8 teaspoon ground cayenne pepper
- Salt and Pepper to taste
- 1 can organic, of home-canned stewed tomatoes
- 1 can hominy, yellow adds more color than white (rinse the hominy well)
- Flour to thicken
- 1 to 1 1/2 cups organic raw milk mild or medium cheddar cheese
- (Organic spices are preferred.)
- In iron skillet, combine grassfed hamburger, onion, bell pepper, and all spices.
- Next, brown hamburger. After browning hamburger, add stewed tomatoes and hominy then
- cook for about 10 minutes until thoroughly hot throughout.
- Stir in enough flour to thicken mixture and cook another 2 minutes.
- Take mixture in iron skillet, cover with foil, and place in oven, preheated to 350 degrees.
- Bake 20 minutes, uncover, add cheese to top of dish, and finish baking for about another 10 minutes.
- Enjoy a great Tex-Mex dish with your family.