



Makes 8 pies
Preparation Time: 30 minutes
Cook Time: 1 hours 15 minutes

INGREDIENTS:

1½ cups masa harina
½ cup almond flour
1 teaspoon baking powder
½ teaspoon sea salt, plus more to taste
1 cup + 2 tablespoons vegetable broth
1 tablespoon extra-virgin olive oil (optional, [learn more](#))
2 cups finely chopped yellow onions
6 cloves garlic, minced
2 cups finely chopped red bell peppers
2 cups finely chopped zucchini
2 cups fresh or frozen corn
1 15-oz. can black beans, rinsed and drained (1½ cups)
1 6-oz. can tomato paste
1 tablespoon taco seasoning
Purchased oil-free salsa, for serving

Mini Vegan Tamale Pie

Savory Southwest flavors are abundant in these delectable (and freezer-friendly) tamale pies. Each individual-size casserole is packed full of fresh veggies and hearty black beans that get deliciously tender as they bake in a tomato sauce infused with **taco** seasoning. The crispy crust is formed with traditional masa harina and almond flour to deliver the perfect fusion of a tamale taste and potpie texture. Top each mini pie with salsa or a dash of hot sauce if you like extra heat, and dig in!

Tips

To store: After baking, let tamale pies cool to room temperature; cover tightly with foil. Store in the refrigerator up to 3 days or freeze up to 1 month. Thaw overnight in refrigerator. To reheat, bake in a 350°F oven about 20 minutes or until heated through.

Optional oil: This is a **Forks Flex Recipe**, which means it includes a small amount of optional oil. If you include the oil, you'll add approximately 15 calories, 1.8 g total fat, and 0.2 g saturated fat per serving.

For more mexican recipes, check out these tasty ideas:

- [Vegan Pozole](#)
- [Mushroom Chorizo Tacos con Papas](#)
- [Jackfruit Tamales](#)
- Or take a look at our full roundup of [vegan Mexican recipes](#).

By Darshana Thacker Wendel

- 1 For crust, in a bowl stir together masa harina, almond flour, baking powder, and ½ teaspoon salt. Add broth; mix until a dough comes together. Knead dough until smooth, light, and airy. Set aside while making filling.
- 2 For oil-free: In an extra-large nonstick skillet combine onions, garlic, and ¼ cup water. Cook over medium about 10 minutes or until onions are tender, stirring occasionally and adding more water, 1 to 2 tablespoons at a time, as needed to prevent sticking. *(If using oil: In an extra-large skillet heat oil over medium, then add onions and garlic. Cook about 10 minutes or until onions are tender, stirring frequently.)* Add bell peppers, zucchini, corn, beans, tomato paste, and 1 cup water; cook 5 minutes or until water is absorbed and vegetables are heated through, stirring occasionally. Remove from heat. Stir in taco seasoning and season with salt. Spoon filling equally into eight 16-oz. ramekins.
- 3 Preheat oven to 375°F. Transfer dough to a work surface and divide into eight equal portions. Roll one portion into a ball. Flatten ball and pat between your palms to form a disk the same diameter as the inside edge of ramekins. Place dough disk over filling in one ramekin. Cover ramekin tightly with foil and place it on a baking sheet. Repeat with the remaining dough and ramekins.
- 4 Bake 60 minutes. Let stand 10 minutes before removing foil.

Serve hot with salsa.