

# Foster's Body & Paint

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## Skillet Beef Tamales

### Ingredients:

- 1 lb lean ground beef
- 1/3 cup chopped green pepper
- 1/3 cup chopped sweet red pepper
- 2 cups salsa
- 3/4 cup frozen corn
- 2 Tblspn water
- 6 corn tortillas (6 inches), halved and cut into ½-inch strips
- 3/4 cups shredded cheddar cheese
- 5 Tblspn sour cream



### Preparations:

- 1.) In a large nonstick skillet coated with cooking spray, cook beef and peppers over medium heat until meat is no longer pink; drain. Stir in the salsa, corn and water; bring to a boil.
- 2.) Stir in tortilla strips. Reduce heat; cover and simmer for 10-15 minutes or until tortillas are softened. Sprinkle with cheese; cover and cook 2-3 minutes longer or until cheese is melted. Serve with sour cream.

Makes 5 servings

Find this recipe and many more at [Fostersbodyandpaint.com](http://Fostersbodyandpaint.com)