

Chili Cornbread Casserole

(serves 8)

Pair this dish with a colorful fruit or a green salad.



Ingredients

1 lb. lean ground beef
1/2 cup onion, chopped
1/2 cup green bell pepper, chopped
1 can (15 oz.) kidney beans, drained and rinsed
1 can (14.5 oz.) no added salt diced tomatoes, drained
1 cup frozen corn
1 Tbsp chili powder
1 tsp ground cumin
1/2 tsp garlic powder

Cornbread Topping

1/2 cup yellow corn meal
1/2 cup all-purpose flour
2 Tbsp sugar
1 1/2 Tbsp baking powder
1 cup skim milk
1 egg or 1/4 cup egg substitute
1 Tbsp olive oil

Directions

1. Wash hands.
2. Brown beef with onion and pepper until no longer pink. Add beans, tomatoes, corn, chili powder, cumin, and garlic powder. Simmer for 5 minutes.
3. In separate bowl, mix cornmeal, flour, sugar and baking powder. Combine milk, egg and oil and pour into flour mixture, stirring until just moistened.
4. Spread beef mixture into 8x8 baking dish. Then spread cornbread over top. Bake at 425°F for about 10-12 minutes or until cornbread is browned.
5. Move leftovers to small containers. Cover and refrigerate. Eat within 4 days.

Nutrition Facts per serving: 280 calories, 7g fat, 170mg sodium, 35g carbohydrate, 5g fiber, 19g protein

Recipe by Source: Jenna Smith, MS, RD, Nutrition & Wellness Educator, 2012

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