

Cornbread Beef Bake

- 1 lb lean ground beef
- 1 medium onion, chopped (1/2 cup)
- 1 can (14 1/2 oz) Mexican-styled stewed tomatoes, undrained
- 1 can (15 oz) black beans, rinsed and drained
- 1 can (8 oz) tomato sauce
- 1/2 cup frozen or canned corn
- 2 teaspoons chili powder
- 1 can (11 1/2 oz) refrigerated corn bread twists
- Or
- 1 box Jiffy corn bread mix batter as per box instructions



A recipe from Dan Delcollo's web site
www.delcollo.us/recipeindex.html

Pre-heat oven to 350°

Cook beef and onion in 10-inch ovenproof skillet over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown; drain.

Stir in tomatoes, beans, tomato sauce, corn and chili powder; heat to boiling. Immediately top with corn bread twists left in round shape (do not unwind), pressing down gently or top with Jiffy corn bread batter. Bake uncovered 35 to 40 minutes or until corn bread is golden brown.

Serves 6.



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