

Chili Cornbread Casserole

Ingredients:

- ✓ 1 medium onion, chopped
- ✓ 1 tbsp minced garlic
- ✓ 1 lb ground beef or pork
- ✓ 1 chili seasoning packet
- ✓ 14 oz diced tomatoes
- ✓ 2 tbsp tomato paste
- ✓ 1 cup chicken broth
- ✓ 1 cup frozen corn, divided
- ✓ 1 can kidney beans, drained
- ✓ ½ cup shredded cheddar
- ✓ 1 box jiffy corn muffin mix
- ✓ 1 egg
- ✓ 1/3 cup milk



Total Time: 1 hour Servings: 4

Directions:

1. In a pan over medium heat add oil and onion. Sauté for 1 minute. Then add garlic and sauté for one minute more. Add meat and cook until browned. Drain excess fat and add chili seasoning (1 tbsp chili powder, 1 tsp red pepper flakes, ¼ tsp cayenne, ¼ tsp garlic powder, ½ tsp onion powder, 1 tsp salt), tomatoes and tomato paste. Cook for 1 minute. Add chicken broth and let simmer.
2. Prepare cornbread mix according to box. Add cheddar and ½ cup frozen corn.
3. Add remaining frozen corn (½ cup) to meat mixture. Add beans. Let simmer 5 minutes.
4. Place meat mix in a greased 9x9 pan. Spread corn bread mixture on top. Bake for 35 minutes at 375° F