



CHILI CORNBREAD BAKE

Recipe adapted from Emily Bites

INGREDIENTS

- 1 pound of ground beef
- 1 egg
- 2 tsp cumin, divided
- 1/8 tsp + 1/4 tsp ground cayenne pepper
- 1 can (14.5oz) cream style corn
- 1 can (4oz) diced green chilies
- 1 box (8.5 oz) box of Jiffy cornbread mix
- 1 small onion, diced
- 1 clove garlic, minced
- 3/4 can kidney bean, drained and rinsed
- 1 can (14.5 oz) can diced tomatoes
- 2 Tbsp chili powder
- 1/2 tsp salt
- 3 oz Sharp Cheddar cheese, shredded

DIRECTIONS

1. Pre-heat the oven to 400. Lightly mist a 9x13 baking dish with cooking spray and set aside.
2. In a large mixing bowl, combine the egg, milk, 1 teaspoon of the cumin, 1/8 teaspoon of the cayenne, creamed corn, diced chilies, & corn muffin mix. Stir together until fully mixed and pour into the prepared baking dish. Spread into an even layer and bake for 18-20 minutes until a toothpick comes out smooth. Keep oven at 400.
3. While the cornbread layer is baking, bring a large pan to medium heat and add the ground beef. Break ground beef up into small pieces as it cooks. When ground beef is almost browned, add the onions and the garlic and stir together. Continue to cook until the meat is browned and onions are softened.
4. Add the kidney beans, diced tomatoes, chili powder, salt, and remaining 1 teaspoon of cumin and 1/4 teaspoon of cayenne to the meat mixture and stir together until well combined. Reduce the heat to low and simmer, uncovered, for about 5 minutes.
5. Use a fork to poke holes all over the prepared cornbread layer. Spoon chili over the top of the cornbread layer to form another even layer. Sprinkle the shredded cheddar cheese over the chili and return it to the oven for another 15 minutes.

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