

Hearty Mexican Casserole

Ingredients

- 1 ½ lbs. ground beef
- 12 ounce package frozen corn
- 1 medium onion, chopped
- 1 green pepper, chopped
- 1 (15 ounce can) tomato sauce
- ¼ cup water
- 1 (4 ounce can) chopped green chilis
- 1 (15 ounce can) black beans, drained
- ¼ teaspoon black pepper
- ½ teaspoon salt
- ½ teaspoon cumin
- ¼ teaspoon dried cilantro
- ¼ teaspoon chili powder
- Shredded cheese of your choice

Cornbread Topping

- 1 cup self-rising cornmeal
- ¼ cup all-purpose flour
- ⅔ cup milk
- 1 egg



Method

Brown ground beef, onion, and green pepper in skillet on top of the stove. Drain. Combine the rest of the ingredients and pour into a 9 x 13 baking dish. Mix cornbread topping and drop by spoonfuls on top of casserole. Bake in preheated 425 degree oven 20 to 25 minutes until cornbread topping is done. Remove from oven and add shredded cheese and melt under broiler.

Cornbread Topping

Stir ingredients together in a mixing bowl with a spoon.

Source: -- (6 to 8 servings)
