

CORNMEAL, BEEF, AND BEAN CASSEROLE



Ingredients

6 oz cooked ground beef, drained
½ C chopped onion
½ C chopped green bell pepper
24 oz canned pinto beans, drained
15 oz can stewed tomatoes
¾ C mozzarella cheese
1 C plus 2 tsp cornmeal
1 C milk

Procedure

Brown ground beef, onion, and bell pepper. Drain. Place in sprayed casserole dish Layer pinto beans, tomatoes, and cheese Mix mil and corn meal together and pour over top of casserole. Bake at 400 degrees for 20-25 minutes or until golden brown.

Chef's note – I have substituted the bell pepper, and tomato before with a can of Rotel. I have also used cheddar or Mexican blend cheese. You can add a can of green chilies to the cornmeal, too, but you will need to reduce the amount of milk just slightly so it is not too runny.

