

South of the Border Casserole

Courtesy of Carole's Creations

Prep Time: 30 minutes

Cooking Time: 30 minutes

Serves:

CChints: Mild green chilies deliver a Mexican flavor without the heat. If you have cooked, frozen ground beef in your freezer, you can use it for this recipe and save yourself about 15 minutes of prep work. Just defrost it and continue with the recipe.



1 pound lean ground beef

15 ounce can black beans, rinsed and drained

1 cup frozen corn, thawed

1 envelope taco seasoning mix

1/4 cup water

1/2 cup diced yellow onion

15 ounce can diced tomatoes

___ ounce can chopped mild green chilies

1 cup shredded mozzarella and cheddar cheese blend or a packaged Mexican cheese blend

8.5 ounce box cornbread mix, we like Jiffy® brand

Directions call for eggs, water and we like to add a pinch of sugar

1 cup reduced fat sour cream

Garnish with black olives

Preheat the oven to 350 degrees F and locate a 2 to 2-1/2 quart casserole dish. Spray the bottom and sides with cooking spray.

Brown the beef in a large nonstick skillet and turn off the heat under the pan. Drain on paper towels and for easy clean up, put a plastic bag under the paper towels. While the meat is cooking rinse and drain the beans. Put the corn in a microwave safe container and defrost for 1-2 minutes and set aside.

Add the taco seasoning and water to the pan and stir together. Return the heat to medium and add the meat to the pan and stir to coat all the meat. Add the onions and cook for 5 minutes. Stir in the tomatoes, green chilies, beans and corn and blend well. Turn off the heat and pour the mixture into the casserole dish. Sprinkle with 2/3 cup of the cheese blend.

Make the cornbread in a mixing bowl according to package directions and add a 1/2 teaspoon of sugar. Spread this mixture over the meat mixture sprinkle with the rest of the cheese. Bake for 20 minutes until the cornbread is brown. During this time, do a little clean up and get any other items ready that you want to serve with the casserole.

Remove from the oven and let sit for 2-3 minutes. Serve with black olives and a dollop of sour cream. Enjoy.