

## Chili-Cornbread Casserole

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### Ingredients:

1 Tbsp vegetable oil  
1 medium onion, chopped  
1 ½ lbs lean ground beef  
1 ½ cups mild salsa  
1-1 2oz bag frozen whole-kernel white corn, thawed  
¼ cup vegetable broth  
2 Tbsp chili powder  
1 tsp ground cumin  
1 tsp salt – ½ tsp freshly ground pepper (or to taste)  
3-8oz boxes cornbread muffin mix (I use a gluten free mix)  
1 ½ cups whole milk

### Optional Ingredients:

1 cup shredded cheese (about 4oz)  
¼ sour cream

### Preparation:

Preheat oven to 375 degrees F.

In large ovenproof skillet, over medium heat, heat the oil until simmering, about 2 minutes. Add the onion and sauté until soft, about 5 minutes. Add the ground beef to the onion and sauté, breaking it up with a spoon, until browned and cooked through, 8-10 minutes. Drain off any excess fat. Stir in the salsa, corn, vegetable broth, chili powder, cumin, 1 tsp salt and ½ tsp pepper. Smooth the mixture into an even layer. In a large bowl, mix together the corn muffin mix and 1 ½ cups milk, or just enough milk to make it easy to spread. Spread it thinly over the chili mixture. Bake in the preheated oven until the cornbread is browned on top, about 30-35 minutes. Remove from the oven and set aside for 10 minutes to allow to set. If desired, top with the cheddar cheese and sour cream before serving.

\*\* Adapted from "Trisha's Table: My Feel Good Favorites for a Balanced Life" by Trisha Yearwood \*\*

