



Cowboy Cornbread Casserole



Ingredients:

- 1 lb. Ground beef
- 1 Can (15 oz) black beans, drained and rinsed
- 1 Can (15 oz) corn, drained
- 1 Can (10 oz) diced tomatoes with green chilies
- 1 Onion, chopped
- 2 Cloves garlic, minced
- 1 TBLS Chili powder
- 1 tsp Cumin
- Salt and pepper to taste
- 1 Cup shredded cheddar cheese
- 1 Package (8.5 oz) cornbread mix

Method:

1. Preheat oven to 400°F.
2. In a large skillet over medium heat, brown the ground beef until fully cooked. Drain excess fat.
3. Add the chopped onion to the skillet, cooking for 3-4 minutes, or until the onion is translucent. Then add the minced garlic and cook for an additional 1 minute.
4. Stir in the black beans, corn, diced tomatoes, chili powder, cumin, salt, and pepper. Cook for an additional 5 minutes, allowing the flavors to meld.
5. Transfer the beef and bean mixture to a greased 9x13 inch baking dish. Sprinkle the shredded cheddar cheese evenly over the top.
6. In a separate bowl, combine the cornbread mix, milk, and egg. Stir until just combined, then pour the cornbread batter over the cheese layer in the baking dish.
7. Bake for 20-25 minutes, or until the cornbread is golden brown and a toothpick inserted in the center comes out clean.