

Beef Cowboy Cornbread

Joan Benson

Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

*1 pound hamburger
1 medium onion, chopped
1 package taco seasoning
mix
1 can green chilies
8 to 12 ounce shredded
cheddar cheese
1 can creamed corn
2 eggs
1/8 teaspoon salt
1 box cornbread mix*

Preheat the oven to 325 degrees.

In a skillet, brown the beef. Add the taco seasoning. Do not add water.

In a bowl, mix the cornbread according to package directions.

Add the creamed corn, eggs and salt. Mix well.

Spray an iron skillet with cooking spray.

Add one-half of the cornbread mix to the skillet. Add the beef, onion, green chilies and cheese. Pour the remaining cornbread mix over the top and smooth.

Bake for one hour or until golden brown.

Per Serving (excluding unknown items): 5880 Calories; 384g Fat (58.5% calories from fat); 314g Protein; 298g Carbohydrate; 13g Dietary Fiber; 1552mg Cholesterol; 11910mg Sodium. Exchanges: 11 1/2 Grain(Starch); 38 1/2 Lean Meat; 1 1/2 Vegetable; 52 1/2 Fat; 6 1/2 Other Carbohydrates.