
Mexican Meat with Cornbread Topping

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Olde Family Favorites - Order of the Eastern Star -1965

Servings: 6

1 pound ground beef
1 tablespoon cooking fat
2 cups cooked rice
1 can (16 ounce) tomatoes, undrained
1 teaspoon salt
1/8 teaspoon pepper
1/4 to 1/2 teaspoon chili powder
4 tablespoons onion, grated
1 cup cornbread mix, prepared

In a skillet, cook the meat in fat until browned. Add the rice, tomatoes, salt, pepper, chili powder and onion. Mix well, breaking the tomatoes and meat into small pieces. Cook until thoroughly heated and the liquid is absorbed. Top with the cornbread batter.

Bake in the oven at 425 degrees for 25 minutes or until the cornbread is done.

(NOTE: Add a small amount of water to the meat mixture before baking if necessary.)

Ground Beef

Per Serving (excluding unknown items): 401 Calories; 23g Fat (51.6% calories from fat); 16g Protein; 32g Carbohydrate; 2g Dietary Fiber; 65mg Cholesterol; 622mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 3 1/2 Fat; 1 Other Carbohydrates.