

## Southwestern Bean Casserole-Meat

Adapted from Cooking Light, NOVEMBER 1997

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Cooking spray

1½ lb. ground meat (turkey, beef, pork or mix)

1 cup chopped onion

1 cup chopped red pepper

2 cups frozen corn, divided and thawed (**half for casserole, half for corn bread**)

1 cup drained canned chopped green chiles, divided (**half for casserole, half for corn bread**)

1 cup bottled salsa

1 or 2 tablespoons Penzey's fajita seasoning

½ teaspoon salt

¼ teaspoon ground cumin

¼ teaspoon pepper

~3 cups cooked pinto beans

1 (14.5-ounce) can no-salt-added stewed tomatoes, undrained

1½ or 2 cup shredded reduced-fat mexican mix or cheddar cheese, divided (**½ for casserole,**

**½ for corn bread**)

1¼ cup yellow cornmeal

⅛ to ½ cup all-purpose flour

1 teaspoon sugar

¼ teaspoon salt

1 cup low-fat buttermilk (or ½ cup skim milk and ½ cup plain yogurt)

⅛ cup vegetable oil

2 eggs, lightly beaten

Preheat oven to 375°.

**Casserole:** Heat large saucepan coated with cooking spray over medium-high heat. Add meat, onion and red pepper (will need to do this in 2 stages), to brown. Once browned transfer to a deeper pan such as a dutch oven, and brown rest of meat and onions. Combine all in dutch oven. Add 1 cup corn, ½ cup chiles, salsa, and next 5 ingredients (salsa through tomatoes), and bring to a boil. Reduce heat, and simmer 15 minutes. Pour mixture into a deep lasagna pan or baking dish coated with cooking spray, and sprinkle with 1 cup cheese; set mixture aside.

**Corn Bread Topping:** Combine cornmeal, flour, sugar, and ¼ teaspoon salt in a medium bowl. In a large measuring cup, combine ½ cup skim milk and ½ cup plain yogurt (in lieu of buttermilk). Beat in 2 eggs. Add 1 cup corn, ½ cup chiles, ½ -1 cup cheese, and oil, and add liquid mix to cornmeal mixture, stirring just until moist. Spread batter evenly over bean mixture. Bake casserole at 375° for 25 minutes or until corn bread is lightly browned.

Yield: 7 servings (serving size: 1 cup)

CALORIES 376 (30% from fat); FAT 12.5g (sat 3.5g,mono 2.7g,poly 4.5g); IRON 3.6mg;  
CHOLESTEROL 11mg; CALCIUM 225mg; CARBOHYDRATE 51.3g; SODIUM 680mg;  
PROTEIN 16.5g; FIBER 5.2g

### **Slow cooker alternative:**

This did not work well in a crock pot. I wanted to make this in a crock pot in order to keep it warm throughout a party. There was so much liquid that the liquid seeped up and over the top of the corn bread topping, so that it would not bake. Eventually I had to use a baster to remove the extra liquid from the top and then put the crock pot stoneware insert in the oven so that the cornbread would brown. Then it was fine. If I wanted to make this again in a crock pot, I would simmer the casserole mixture longer to reduce the amount of liquid.