



Cast Iron Beef, Bean and Jalapeño Cornbread

Recipe By CHEF ABBY J

SERVES: 6

FILLING:

- ☐ 1 lb. ground beef
- ☐ ½ cup onions, *chopped*
- ☐ 1 tbsp. vegetable oil
- ☐ 1 tsp. chili powder
- ☐ 1 tsp. salt
- ☐ 1 tsp. garlic salt
- ☐ 1 red bell pepper, *seeded and cut into rings*
- ☐ 1 jalapeño pepper, *seeded and cut into rings*

TOPPING:

- ☐ 2 cups Martha White Buttermilk Self Rising Corn Meal Mix
- ☐ 1 cup sharp cheddar cheese, *shredded*
- ☐ 1 tbsp. sugar
- ☐ 1 (16 oz.) jar Abby J's Bean and Jalapeño Salsa (or any jar of chunky-style salsa)
- ☐ 1¼ cups milk
- ☐ 3 tbsp. vegetable oil
- ☐ 1 large egg, *slightly beaten*

GARNISHES:

- ☐ sour cream
- ☐ cherry tomatoes
- ☐ cilantro
- ☐ fresh salsa

DIRECTIONS:

- ☐ 1. Preheat oven to 425°F.
- ☐ 2. Make the filling: Heat the oil in a 10 inch cast iron skillet over medium heat until hot. Add the ground beef, onion, chili powder, salt, and garlic salt: cook until the beef is no longer pink, stirring frequently and breaking up any clumps of meat. Remove the beef mixture from the skillet to a bowl. Place the bell pepper rings and jalapeño rings in a single layer in the bottom of the skillet. Spoon the beef mixture over the rings.
- ☐ 3. Make the topping: Stir together the corn meal mix, cheese, sugar, salsa, milk, oil, and egg in a medium bowl; stir until well blended. Spread the batter evenly over the mixture in the skillet. Bake until golden brown, 35 to 40 minutes.
- ☐ 4. Place a serving plate over the skillet; carefully invert and remove from the skillet. Cut into wedges, add garnishes and serve.

This delicious beef, bean & Jalapeno cornbread can be eaten as a main dish or pair it with your favorite hot soup. Enjoy!

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