FUEL & FLAVOR



BOLD CORNBREAD

from Nick Kelly, RD - No Need for Seconds

INGREDIENTS

- 1 pound 80/20% ground beef (453.6g)
- 3 tablespoons taco seasoning (25.7g)
- 1 package Jiffy Corn Muffin Mix (8.5 oz., 241g)
- 1/4 cup whole milk (61g)
- 2 large eggs (100g)
- 1 can cream-style corn (14.8 oz., 482g)
- 1/2 cup chunky salsa – any brand (4 oz., 113.4g)
- 1/4 cup shredded cheddar cheese (28g)

DIRECTIONS

1. Preheat the oven to 350°F (175°C).
2. In a large ski l l et over medium-high heat, brown the ground beef with the taco seasoning, stirring constantly.
3. In a medium bowl, combine the corn muffin mix, milk, and eggs. Mix until the batter is a smooth consistency with no lumps.
4. Spray a 9x9-inch baking pan with non-stick cooking oil spray and spread half of the cornbread batter in the bottom of the pan.
5. Combine the ground beef, corn, and salsa in a new medium bowl. Then spread on top of the cornbread batter in the pan.
6. Using a spatula, spread the remaining cornbread batter over the meat mixture, ensuring the layers are smooth.
7. Sprinkle the cheese on top of the cornbread batter.
8. Bake for 30-35 minutes, or until the top of the cornbread is golden brown. Cool for 15 minutes before serving.

Breathe Strong+