



# MEXICAN

## ► IN MINUTES ◀

### *Chipotle Chili Cornbread Bake*

*Two family favorites, chili and cornbread, come together in this microwaveable one-dish meal.*

#### **Ingredients**

- |   |   |
|---|---|
| 1 medium green bell pepper                              | 2 tbsp (30 mL) <b>Chipotle Rub</b>                |
| 6 green onions with tops, divided                       | 1 pkg (8.5 oz) corn muffin mix                    |
| 1 lb (450 g) 90% lean ground beef                       | 1 container (8 oz or 250 mL) sour cream           |
| 1 can (16 oz or 398 mL) chili beans in sauce, undrained | 1 egg   |
| 1 cup (250 mL) chunky salsa                             | ½ cup (125 mL) shredded cheddar cheese (optional) |
|   | 1 plum tomato, seeded and diced (optional)        |
1. Coarsely chop bell pepper using **Food Chopper**. Thinly slice green onions using **Color Coated Chef's Knife**, separating white and light green bottoms from tops. Reserve 1 tbsp (15 mL) of the onion tops for garnish. Place remaining tops into **Classic Batter Bowl**.
  2. In **Deep Covered Baker**, combine bell pepper, onion bottoms and beef; mix well. Microwave, covered, on HIGH 7–9 minutes or until beef is no longer pink, breaking into crumbles halfway through using **Mix 'N Chop**. Remove baker from microwave using **Oven Mitts**; carefully pour off juices. Add beans, salsa and rub to beef mixture; mix well. Cover; microwave on HIGH 5 minutes or until hot.
  3. Meanwhile, combine muffin mix, sour cream and egg in batter bowl; mix well. Scoop muffin mixture evenly over chili using **Medium Scoop**; spread evenly to edges of baker using **Small Spreader**. Microwave, covered, on HIGH 7–9 minutes or until center of cornbread springs back when lightly pressed. Sprinkle cheese over cornbread, if desired; cover and let stand 5 minutes. Garnish with reserved onion tops and tomato, if desired.

Yield: 8 servings

U.S. Nutrients per serving: Calories 360, Total Fat 15 g, Saturated Fat 7 g, Cholesterol 85 mg, Carbohydrate 37 g, Protein 18 g, Sodium 960 mg, Fiber 5 g

**Cook's Tip:** For homemade cornbread, omit corn muffin mix. Combine ¾ cup (175 mL) flour, ½ cup (125 mL) yellow cornmeal, 3 tbsp (45 mL) sugar, 2 tbsp (30 mL) vegetable oil, 2 tsp (10 mL) baking powder and ¼ tsp (1 mL) salt. Proceed as directed in Step 3, microwaving on HIGH 9–11 minutes.