

Beef

Cajun Beef Casserole

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Servings: 6

Preparation Time: 15 minutes

Bake Time: 25 minutes

- 1 package (8 1/2 oz) corn bread/ muffin mix**
- 1 pound ground beef**
- 2 cans (14 1/2 oz each) diced tomatoes, drained**
- 2 cups frozen mixed vegetables, thawed**
- 1 can (6 oz) tomato paste**
- 1 to 2 teaspoons Cajun seasoning**
- 1 cup (4 oz) cheddar cheese, shredded**
- 2 green onions, thinly sliced**

Preheat the oven to 350 degrees.

Prepare the corn bread batter according to package directions.

Spread the batter into a greased 11x7-inch baking dish.

In a large skillet over medium heat, cook the beef until the meat is no longer pink. Drain.

Add the tomatoes, vegetables, tomato paste and seasoning. Bring to a boil.

Reduce the heat and simmer, uncovered, for 5 minutes. Pour over the top of the cornbread.

Sprinkle with the cheese.

Bake, uncovered, for 25 to 30 minutes or until golden brown.

Sprinkle with the onions.

Per Serving (excluding unknown items): 383 Calories; 27g Fat (62.2% calories from fat); 21g Protein; 16g Carbohydrate; 4g Dietary Fiber; 84mg Cholesterol; 412mg Sodium. Exchanges: 2 1/2 Lean Meat; 3 Vegetable; 4 Fat; 0 Other Carbohydrates.