

Kidney Beans and Corn Bread

Sue Levinson - Newark Delaware
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Yield: 6 to 8 servings

*1 pound ground beef
2 teaspoons onion
1 can (16 ounce) kidney
beans, drained
1 to 2 cans (6 ounce)
tomato sauce (or 1 to 2
10-1/2 ounce cans tomato
soup)
1 box corn muffin mix*

Preparation Time: 30 minutes**Bake Time: 25 minutes**

In a pot, brown the ground beef and onion together. Drain off the excess grease.

Add in the kidney beans and the tomato sauce or soup.

Heat thoroughly. Simmer for 10 to 15 minutes.

Meanwhile, prepare the corn muffin mix according to package directions. (Optionally add a tad more milk than called for.)

Place the ground beef mixture into a 13x9-inch baking pan. Spoon the corn bread batter over the top.

Bake at 350 degrees until the corn bread is brown, approximately 20 to 25 minutes.

Per Serving (excluding unknown items): 2495 Calories; 136g Fat (49.1% calories from fat); 127g Protein; 190g Carbohydrate; 53g Dietary Fiber; 386mg Cholesterol; 1609mg Sodium. Exchanges: 7 1/2 Grain(Starch); 14 Lean Meat; 0 Vegetable; 21 Fat; 5 1/2 Other Carbohydrates.