

Chili Cornbread Pie

*Alison Ladman - Associated Press
Port St Lucie News Tribune*

Servings: 10

FOR THE CHILI

1 1/2 pounds lean ground beef
1 large yellow onion, diced
3 cloves garlic, minced
1 jar (16 ounce) salsa
1 chipotle pepper (from can with adobo sauce), minced
2 tablespoons adobo sauce (from chipotle pepper in adobo sauce)
1 tablespoon chili powder
1 teaspoon ground cumin
1 teaspoon smoked paprika
salt and ground black pepper

FOR THE CORNBREAD

1 1/2 cups all-purpose flour
1 cup cornmeal
3 tablespoons sugar
2 1/2 teaspoons baking powder
1 teaspoon Kosher salt
1 1/4 cups milk
1 egg
1/2 cup (one stick) unsalted butter, melted
3 scallions, sliced
1 cup frozen corn kernels (optional), thawed
1/4 cup sliced pickled jalapenos, lightly chopped

FOR SERVING

1/2 cup guacamole
1/2 cup sour cream
1/2 cup Cheddar cheese, shredded

Preparation Time: 20 minutes

Preheat the oven to 400 degrees.

Coat a deep 9x9-inch pan with cooking spray.

In a large skillet over medium-high heat, cook the beef until browned, about 8 minutes. Add the onion, garlic, salsa, chipotle, adobo, chili powder, cumin and paprika. Bring to a simmer and cook for 10 minutes. Season with salt and pepper, then spoon the chili into the bottom of the prepared pan. Set aside.

To make the cornbread topping: In a large bowl, stir together the flour, cornmeal, sugar, baking powder and salt.

In a small bowl, whisk the milk and the egg. Add the melted butter, whisking as you add it. Gently stir the liquid mixture into the dry mixture. Fold in the scallops, corn (if using) and jalapenos. Spoon the cornbread mixture over the chili. Bake for 25 to 30 minutes.

Spoon into bowls and garnish with guacamole, sour cream and shredded cheese.

Start to Finish Time: 50 minutes

Per Serving (excluding unknown items): 463 Calories; 27g Fat (52.3% calories from fat); 20g Protein; 36g Carbohydrate; 3g Dietary Fiber; 100mg Cholesterol; 558mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 4 Fat; 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	463
% Calories from Fat:	52.3%
% Calories from Carbohydrates:	30.8%
% Calories from Protein:	16.9%
Total Fat (g):	27g
Saturated Fat (g):	12g
Monounsaturated Fat (g):	10g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	100mg
Carbohydrate (g):	36g
Dietary Fiber (g):	3g
Protein (g):	20g
Sodium (mg):	558mg
Potassium (mg):	470mg
Calcium (mg):	191mg
Iron (mg):	4mg
Zinc (mg):	3mg
Vitamin C (mg):	7mg
Vitamin A (i.u.):	950IU
Vitamin A (r.e.):	163RE

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	1.9mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	64mcg
Niacin (mg):	5mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	4
Other Carbohydrates:	1/2

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 463 Calories from Fat: 242

% Daily Values*

Total Fat	27g	41%
Saturated Fat	12g	62%
Cholesterol	100mg	33%
Sodium	558mg	23%
Total Carbohydrates	36g	12%
Dietary Fiber	3g	11%
Protein	20g	

Vitamin A	19%
Vitamin C	12%
Calcium	19%
Iron	20%

* Percent Daily Values are based on a 2000 calorie diet.