

## Mexican Beef and Cornbread Pie

Serves: 6

### Ingredients

#### *Meat mixture*

1 lb extra lean ground beef  
1 large onion, chopped  
2 large tomatoes, chopped  
1 large green bell pepper, chopped.  
10-ounce package frozen whole kernel corn  
1 cup fat-free, low sodium chicken (or beef) broth  
1 Tbsp Worcestershire sauce (lowest sodium available)  
1 tsp ground cumin

1 tsp chili powder, or to taste  
¼ tsp salt.

#### *Corn Bread Mixture*

1 ½ cups yellow cornmeal  
¼ cup all-purpose flour  
2 tsp baking powder  
1 tsp sugar (optional)  
¼ tsp salt  
Whites of 3 large eggs  
½ cup fat-free milk  
1 Tbsp canola or corn oil

### Directions:

Preheat the oven to 400°F. Heat a large nonstick skillet over medium-high heat. Cook the beef for about 4-5 minutes, or until no longer pink, stirring occasionally to turn and break up the beef. Drain well in a colander.

Wipe the skillet with paper towels. Return beef to the skillet.

Stir the onion into the beef. Cook for 3 minutes, or until the onion is soft, stirring occasionally. Stir in the remaining meat mixture ingredients. Reduce heat to simmer for about 20 minutes. Spoon into a 10-inch square baking pan.

In a medium bowl, stir together the cornmeal, flour, baking powder, sugar and salt. In a small mixing bowl, whisk together the egg whites, milk and oil. Pour into the cornmeal mixture. Stir gently, just enough to combine the ingredients thoroughly. Spoon over the meat mixture, spreading gently to cover the surface. Bake for 30-40 minutes, or until the corn bread is golden brown.

**Per Serving:** Calories 353, total fat 7.5g (saturated 2g), cholesterol 42mg, sodium 446mg, carbohydrates 51g, fiber 5g, sugar 8g, protein 25g.

