

# Foster's Body & Paint

305 East Oak Street, Santa Maria, CA 93454

805-922-6191

June, 2013

## Taco Corn Bread Casserole

### Ingredients:

- 2 lbs. ground beef
- 2 envelopes taco seasoning
- 2 cans (14 ½ oz. each) diced tomatoes, drained
- 1 cup water
- 1 cup cooked rice
- 1 can (4 oz.) chopped green chilies
- 2 pkg. (8 ½ oz. each) corn bread/muffin mix
- 1 can (8 ¾ oz.) whole kernel corn, drained
- 1 cup (8 oz.) sour cream
- 2 cups corn chips
- 2 cups (8 oz.) shredded Mexican cheese, divided
- 1 can (2 ¼ oz.) sliced ripe olives, drained
- Shredded lettuce & chopped tomatoes, optional

### Preparations:

- 1.) Preheat oven to 400 degrees. In a Dutch oven, cook beef over medium heat 8-10 minutes or until no longer pink, breaking into crumbles; drain. Stir in taco seasoning. Add tomatoes, water, rice and green chilies; heat through, stirring occasionally.
- 2.) Meanwhile, prepare corn bread mix according to package directions; stir in corn. Pour half of the batter into a greased 13x9 inch baking dish. Layer with half of the meat mixture, all the sour cream, half of the corn chips and 1 cup cheese. Top with remaining batter, remaining meat mixture, olives and remaining corn chips.
- 3.) Bake, uncovered, 55-60 minutes or until corn bread is cooked through. Sprinkle with remaining cheese; bake 3-5 minutes longer or until cheese is melted. If desired, serve with lettuce and chopped tomatoes.



Makes 8 servings

Find this recipe and many more at [Fostersbodyandpaint.com](http://Fostersbodyandpaint.com)

