

Southern Delight®

Mom's Cornpone Pie

INGREDIENTS

1 Lb. Ground Beef	1/2 Medium Onion—Diced
1/2 tsp. Salt Substitute	1 tsp. Sugar
1 tsp. Worcestershire Sauce	4 tsp. Classic No-Salt-Added Seasoning Blend
1 15 oz. Cans Diced Tomatoes	1 15 oz. Cans Dark Red Kidney Beans (drained & rinsed)
1 8 oz. Can No-Salt-Added Tomato Sauce	
1 C Plain Cornmeal (NOT Self Rising)	1/2 tsp. Baking Powder
1 Egg, beaten	2 Tbsp Vegetable Oil
1 C Low Fat Buttermilk	1/2 tsp. Salt Substitute

DIRECTIONS

Preheat oven to 425°. Brown Ground Beef in 10" cast iron skillet and drain. Add onion and simmer for about 10 min. (you may need to add a small amount of water). Rinse and drain Dark Red Kidney Beans. Add Seasoning Blend, Diced Tomatoes, Worcestershire Sauce, Tomato Sauce, Salt Substitute, Sugar, and Kidney Beans. Combine ingredients completely and simmer for 15 min.

Combine Cornmeal, Salt Substitute, and Baking Powder. Add Vegetable Oil and Beaten Egg to Buttermilk and whisk to combine. Add Buttermilk mixture to Meal and whisk. Pour cornbread batter over meat mixture. Place in preheated 425° oven and bake for 20-25 min. Cornbread is done when lightly browned on top and a wooden toothpick inserted into center comes out clean. Serves 4. Enjoy!

No Salt Added...***Just Great Taste!***™

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