

# Jalapeño Cornbread

## Utensils:

3 quart saucepan, 3 quart colander, Large Skillet, 1small mixing bowl, 1 medium mixing bowl

## INGREDIENTS:

- ½ lb Lean Ground Beef
- 1 pkg Breakfast Sausage
- 1 Can Mexicorn (drained)
- 1 Cup Buttermilk
- 4 Small Eggs
- 2, Boxes Jiffy Cornbread Mix
- 2, 8 oz jars Jalapeño Cheez Whiz
- 1 onion (chopped)
- Non-Stick Cooking Spray

## Directions:

TO START: Place 1" water in the 3 quart saucepan; place the beef and sausage in the 3 quart colander over the saucepan. Cover, whistle open, and cook on Medium Heat. When the whistle sounds, stir the meat and replace the lid; close the whistle and turn the burner to Medium Low. Continue to cook until the meat is completely browned.

TO FINISH: Stir meat, corn and cheese together in a medium mixing bowl. Spray the Large Skillet with non-stick cooking spray and spread the mixture into the skillet and cover, whistle open and cook on Medium Low heat. Meanwhile, in a small mixing bowl, mix cornbread, eggs and buttermilk. When the whistle sounds on the large skillet, pour the cornbread mixture over the meat mixture. Cover, whistle closed, and cook for 12-15 minutes on Medium Heat. Reduce cooking temperature to Low and continue to cook for 8-10 minutes longer or until the cornbread is cooked through.

## NOTES:

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