

This delicious chili cornbread casserole is a hearty dinner recipe that's easy to make and it's gluten-free and dairy-free.

Ingredients:

Chili

- 1 T olive oil
- 1 lb ground beef
- 1 medium yellow onion, chopped
- 1 medium green pepper, chopped
- 2 cloves garlic, minced
- 1 1/2 teaspoon chili powder
- 1 1/2 teaspoon oregano
- 1 1/2 teaspoon ground cumin
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1 15 oz can tomato sauce
- 1/2 cup chicken broth, gluten-free
- 1 14.5 oz can diced tomatoes, drained
- 1 14.5 oz can kidney beans, drained and rinsed
- 1 tablespoon brown sugar

Cornbread Topping

- 1 1/3 cups gluten-free flour mix
- 1 cup gluten-free cornmeal
- 1/2 cup sugar
- 2 tablespoons baking powder
- 1 teaspoon salt
- 1/4 cup avocado oil
- 2 eggs
- 1 cup almond milk
- 1 1/2 cups of frozen corn, or 1 14 oz can of corn, drained.



Like what you tried? Email us at katieConklin@oshkoshymca.org

Recipe source <https://mamashire.com/chili-cornbread-casserole-gluten-free-dairy-free/>

Instructions:

1. In an oven-proof skillet that is 3.5 quarts or larger heat the oil over medium heat for 1 minute. Add the ground beef, onion, and bell pepper to the skillet. Add the garlic and all the spices to the meat, breaking up the beef as it cooks, and continue until the meat is cooked through.
2. Stir in the rest of the chili ingredients and reduce the heat to low and let simmer for 10 minutes. Stir occasionally.
3. Preheat oven to 375°.
4. In a medium-sized mixing bowl whisk together the dry ingredients for the cornbread. Mix in the wet ingredients and then the corn.
5. Remove the chili from the heat and spoon the cornbread batter over the chili. If you don't have a oven-proof skillet use a 9"x 11" casserole dish and place the chili in first and then cover it with the batter.
6. Bake for 35 minutes or until the cornbread is golden brown.

Nutrition:

Nutrition Facts		Amount	% Daily Value*	Amount	% Daily Value*				
Amount per	401 g	Total Fat	19.5g	30%	Total Carbohydrates	97g	32%		
1 serving (14.1 oz)		Saturated	4.8g	24%	Dietary Fiber	14g	56%		
Calories	695	Trans Fat	0.2g		Sugars	24g			
From fat	172	Cholesterol	94mg	31%	Protein	36g	71%		
<i>HappyForks.com</i>		Sodium	1203mg	50%					
		Calcium	34%	Iron	47%	Vitamin A	17%	Vitamin C	41%

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.

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