

## Seasonal Eating

# Taco Cornbread Casserole

1 tablespoon olive oil  
1/2 onion, chopped  
1 pound ground beef  
1 package taco seasoning mix  
1/2 teaspoon salt  
1 (8-ounce) can tomato sauce  
1 (15-ounce) can kidney beans, drained  
1 box Jiffy cornbread mix  
1 egg  
1/4 cup milk

In a saucepan, sauté onion in olive oil until soft. Add ground beef and cook until no longer pink. Add taco seasoning, salt, tomato sauce and kidney beans. Simmer for 15 to 20 minutes to combine flavors. Pour into a 7x11 inch casserole. Mix together the cornbread mix, egg and milk. Pour over the ground beef mixture and spread to cover. Bake at 400 degrees for 15-20 minutes or until cornbread is lightly browned and cooked through.