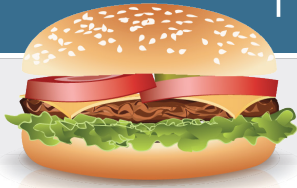


HAMBURGER CASSEROLE



May 28

National Hamburger Day



INGREDIENTS

- ½ Pound Lean Ground Beef (90/10)
- 16 Ounce Can Refried Beans
- ⅓ Cup Salsa
- 2 Tablespoons Taco Seasoning
- 6 Ounce Package Cornbread Mix (enriched or whole grain rich)
- ⅓ Cup Tortilla Chips (crushed)
- 1 Cup Shredded Cheddar Cheese

DIRECTIONS

1. Preheat oven to 350°. In a 10-inch cast-iron or other ovenproof skillet, cook beef over medium heat until no longer pink, 6-8 minutes, crumbling beef; drain. Transfer to a small bowl. Stir in beans, salsa and taco seasoning; keep warm. Wipe pan clean.
2. Prepare cornbread mix according to package directions; stir in crushed tortilla chips.
3. Pour into skillet. Bake until set, 12-15 minutes.
4. Spread ground beef mixture over cornbread to within 1 inch of edges; sprinkle with cheese.
5. Bake until cheese is melted and crust is golden brown, 3-5 minutes.
6. Cut into 6 even wedges.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

-  Lunch/Supper

YIELD

6 Wedges

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Wedge	½ Wedge	1 Wedge	2 Wedges