



INGREDIENTS

- 4 Cups Corn Kernels (fresh or frozen; thawed)
- ¼ Cup Whole Milk
- 2 Tablespoons Unsalted Butter
- ½ Teaspoon Salt
- 2 Tablespoons Olive Oil
- 1 Cup Onion (finely chopped)
- 2 Garlic Cloves (minced)
- 1 Pound Ground Beef (no more than 20% fat)
- 1 Teaspoon Paprika
- ½ Teaspoon Cumin
- ½ Cup Beef Stock or Water
- Salt and Pepper (to taste)
- ¼ Cup Black Olives (pitted)
- 2 Hardboiled Eggs (sliced)
- 2 Tablespoons Raisins (optional)

DIRECTIONS

1. Preheat your oven to 375°. Lightly grease a 9x9 inch casserole dish or similar oven safe dish. Set aside.
2. In a blender or food processor, puree the corn kernels with the milk until smooth but slightly textured. Transfer to a saucepan and heat over medium heat. Add the butter and salt. Stir frequently for about 10 minutes, or until the mixture thickens slightly. Remove from heat and set aside.
3. Heat the olive oil in a skillet over medium heat. Sauté the onions until translucent, about 3–4 minutes. Add the garlic and cook for another minute. Stir in the ground beef, breaking it up with a wooden spoon. Cook until browned.
4. Add the paprika, cumin, salt and pepper. Pour in the beef stock or water. Reduce the heat to low and simmer for 10 minutes.
5. Spread the beef mixture evenly at the bottom of the prepared casserole dish. Add the olives, hardboiled egg slices, and raisins.
6. Spoon the corn mixture over the filling, spreading it evenly to cover the entire surface. Use the back of a spoon to smooth the top.
7. Place the casserole dish in the oven and bake for 30–35 minutes, or until the top is golden and bubbling slightly around the edges.
8. Remove from the oven and let the casserole rest for 5–10 minutes before serving.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

7½ Cups

PORTION SIZES

Toddler: ½ Cup
Preschool: ¾ Cup
School Age: 1 Cup
Adult: 1 Cup