Nutrition Facts

Serving Size (8 oz/225 g of filling each)

Amount Per Serving

Calories 250

% Daily Value

Total Fat 14g	**22%**
Saturated Fat g	0%
Cholesterol mg	0%
Sodium 910mg	**38%**
Total Carbohydrate 18g	**6%**
Dietary Fiber 2g	8%
Protein 13g	**26%**
Vitamin A %	Vitamin C %

Total Time		**Serving Size**
90 MIN.		**(8 OZ/225 G OF FILLING EACH)**

Difficulty
MEDIUM

Yields
12

Tip

Tip:
For a quick vegetarian version, replace ground beef with 3 lb (1.5 kg) cooked black beans.

INGREDIENTS	WEIGHT		MEASURE	
vegetable oil	2	tbsp	30	mL
medium ground beef	12	oz	340	g
chopped onion	3/4	cup	175	mL
each chopped carrot and celery	1/4	cup	60	mL
minced garlic	1	tbsp	15	mL
Pace® Medium Chunky Salsaminced garlic	4	cups	1	L
Campbell's® Ready to Use Beef Broth	3/4	cup	175	mL
fresh or frozen peas	1/4	cup	60	mL
finely chopped parsley	1/4	cup	60	mL
yellow cornmeal	3/4	cup	175	mL
all-purpose flour	1/3	cup	75	mL
granulated sugar	1	tbsp	15	mL
baking powder	1	tsp	5	mL
baking soda	1/4	tsp	1	mL
salt	1/4	tsp	1	mL
buttermilk	1	cup	250	mL
shredded Cheddar cheese, divided	1	cup	250	mL
eggs, lightly beaten	3		3	
vegetable oil	3	tbsp	45	mL

INSTRUCTIONS

1. Preheat oven to 400°F (200°C).

2. Beef: Heat oil in large Dutch oven or deep sauté pan set over medium-high heat; cook beef, onion, carrot, celery and garlic for 12 to 15 minutes or until beef starts to brown and vegetables are softened.

3. Stir in salsa and broth; bring to boil. Reduce heat to simmer; cook for about 15 minutes or until mixture has thickened.

4. Stir in peas and parsley; remove from heat. Fill twelve 1 cup (250 mL) ramekins evenly with beef mixture. Place ramekins on large baking tray.

5. Cornbread: Meanwhile, in large bowl, whisk together cornmeal, flour, sugar, baking powder, baking soda and salt. Stir in buttermilk, 1/2 cup Cheddar cheese, eggs and oil. Spoon evenly over top of each beef-filled ramekin; sprinkle with remaining cheese.

6. Bake for about 15 minutes or until topping is golden brown on top, cheese is melted and beef mixture is bubbling.