



Adventures in Cooking *Debbie Larch*

<https://niftysquirrel.com/adventures-in-cooking/recipes/>

Taco Bake

Ingredients:

- 1 pound ground turkey
- 1 pkg. Taco seasoning
- 1/2 cup of water
- 1 can (15 oz.) whole kernel corn, drained & rinsed
- 1 can (15 oz.) tomato sauce
- 1 can (15 oz.) black beans, drained & rinsed
- 1 pkg. corn muffin mix
- 1 pkg. French Fried Onions
- 1/2 cup shredded Cheddar cheese

Procedure:

- Brown the ground turkey in a skillet, if there is any liquid, drain.
- Stir in the taco seasoning, water, corn, black beans and tomato sauce.
- Pour the mixture into a 2 quart casserole dish.
- In a bowl prepare the corn muffin mix according to the package instructions
- Add in 3/4 cup of the French fried onion to the corn muffin mix.
- Spoon the corn muffin mix around the outer edge of the casserole (inside the dish of course!).
- Bake uncovered, at 400°F for 20 minutes. Remove from the oven.
- Top the corn bread with 1/2 cup of the French fried onions and the cheese.
- Bake for another 2 to 3 minutes or until the cheese has melted.

*This is the Mexican recipe I mentioned in the text we had at the company luncheon, a recipe we have enjoyed over and over again. The addition of the black beans was a change I made in the original recipe to liven it up a bit.

** If you really want to add a special “down home” flavor to this recipe, substitute the ground meat/turkey with ground venison. Your family will love the change!