**Chili and Cornbread**

**CHILI**

**CORNBREAD**

250 ml yellow corn meal

250 ml flour

60 ml sugar

5 ml baking powder

1 ml salt

250 ml milk

125 ml oil

1 egg

450 g ground beef

125 ml chopped onion

65 ml chopped green pepper and/or celery

250 ml canned tomatoes

185 ml tomato soup or sauce

60 ml ketchup

30 ml chili powder

2 ml salt

5 ml paprika

125 ml drained kidney beans

2 ml crushed chili peppers

Preheat oven to 425⁰F

1. Blend all ingredients together in a bowl using a wooden spoon. Mix until smooth
2. Pour into a 20 cm square pan and bake 20-25min or until toothpick comes out clean

OR

1. Pour into greased muffin tins. Makes 12 muffins. Bake for 15-18 min.
2. Brown the ground beef, onion and green pepper in a large pot until the meat is brown and the onion is tender
3. Drain off the fat into an empty can (DO NOT PUT FAT DOWN THE DRAIN!)
4. Stir in remaining ingredients and heat to boiling
5. Reduce heat and simmer 10-15 min.