

Ground Beef & Corn Casserole with Biscuits



Servings: 10

- 1 large yellow onion, chopped
- 2 cloves garlic, chopped or mashed
- 2 pounds lean ground beef
- 4 ounces diced green chiles, canned (mild)
- 16 ounces tomato sauce, canned
- 3 cups Jack cheese, shredded, divided use
- 4 teaspoons chili powder
- 1 1/2 cups corn, canned (drained) or frozen (thawed)
- 1 cup light sour cream

BUTTERMILK BISCUITS:

- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon sugar
- 3/4 teaspoon salt
- 1 cup buttermilk, VERY cold
- 8 tablespoons unsalted butter, melted, cooled

Serving Ideas: I serve it with a green salad.

CASSEROLE:

1. In a large skillet brown onion in a bit of olive oil. Add onion and cook until it's softened, about 5-10 minutes, then add ground beef and continue until all the meat has lost its pink color. Add tomato sauce, green chiles, garlic, chili powder and corn and continue cooking gently for about 5-10 minutes. Remove from heat and allow to cool for 5 minutes, then add the sour cream and most of the Jack cheese and stir to combine. Set aside. (The meat mixture can be made ahead to this point and refrigerated.)

BISCUITS:

2. Preheat oven to 375. Adjust oven rack to middle position. Whisk flour, baking powder, baking soda, sugar and salt in a large bowl. (Or, you can sift it together.)
3. In a medium bowl (at least 1 1/2 cups or larger) combine the cold buttermilk and the melted and slightly cooled butter. Stir until buttermilk forms clumps.
4. Add buttermilk mixture to dry ingredients and stir with rubber spatula until just incorporated and batter pulls away from side of the bowl.
5. Using a bit of flour on your hands, divide the biscuit dough in half.

ASSEMBLY:

6. With first half of biscuit dough, roll out to about 1/2 inch thick. Carefully place biscuits into an ungreased 9x13 pan.
7. Spoon the meat mixture on top of the biscuits and spread to level the meat.
8. Roll out the remaining biscuit dough and cut more biscuits. Place on top of the meat. Sprinkle with the reserved Jack cheese.
9. Place casserole in oven and bake for about 30-35 minutes, until the tops of the biscuits are golden brown. Remove and allow to sit for about 5 minutes. Serve.

Per Serving (excluding unknown items): 478 Calories; 29g Fat (55.3% calories from fat); 22g Protein; 32g Carbohydrate; 2g Dietary Fiber; 96mg Cholesterol; 720mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 4 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>