

Beans Mexicana

INGREDIENTS

FILLING:

4 cloves garlic, crushed
1 medium onion, chopped
200 g. ground beef
3/4 cup spaghetti sauce
3 Tbsp. Del Monte chili ketchup
50 g. (1/2 cup) red kidney beans, cooked
1 green bell pepper, cut into cubes

CORN MIXTURE:

2 medium ears corn, boiled and grated (1 1/2 cups)
1 egg, lightly beaten
1/2 cup grated cheese
1/2 cup evaporated milk
1/4 cup bread crumbs

FILLING:

Saute garlic, onions and beef in oil. Cool until beef turns light brown. Add spaghetti sauce, chili ketchup, kidney beans and bell peppers. Season with rock salt, pepper and sugar to taste. Simmer for 15 minutes, then set aside.

CORN MIXTURE:

Mix all ingredients well. Season with 1 tsp. rock salt and 1/4 tsp. pepper.

Grease a 5" x 8" baking pan. Spread 1/2 of corn mixture on the bottom of pan. Add filling mixture on top, then cover with the remaining corn mixture. Bake at 375°F for 15 minutes or until cooked.

Makes 8 servings