

Cornbread Topping for Chili

Serves 6 - 8

This topping is great to make your favorite chili or stew into a fantastic casserole!

Ingredients:

6 cups chili or stew

½ cup cornmeal

½ cup flour

3 Tablespoons sugar

¾ teaspoon baking soda

¾ teaspoon baking powder

½ teaspoon salt

1 1/4 c. buttermilk

2 Tablespoons butter, melted and cooled

2 Tablespoon finely diced fresh peppers, hot or mild (optional)

Directions:

1. Preheat oven to 425 deg. F. Place chili in a 10" cast iron pan or an 8"x8" square pan. Whisk together the cornmeal, flour, sugar, baking soda, baking powder and salt. Set mixture aside.
2. In a separate large bowl, whisk together the milk and butter. Add the dry ingredients, stirring just until combined.
3. Immediately pour batter evenly over the chili. Sprinkle with diced peppers. Bake uncovered until topping is cooked through and golden brown, 30 – 35 minutes.

Recipe courtesy of Christina Dimacali of Clean Your Plate Chef Services, Philadelphia