Eat Healthy - Be Active

Be active, healthy and happy with Eat Healthy - Be Active from Michigan State University Extension.

- Eat healthy on a budget
- Physical activity
- Tips for a healthy weight
- Quick, healthy meals and snacks
- Enjoy healthy food that tastes great
- Make healthy eating a part of your everyday lifestyle

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Cornbread Casserole

Ingredients:
- 1 pound ground beef
- 1 can whole-kernel corn, drained
- 1 (16-oz) can cut green beans, drained
- 1 small green pepper, chopped
- 1 small onion, chopped
- 1 (14.5-oz) can tomatoes
- 1 (8-oz) can tomato sauce
- 1 ½ tsp sugar
- Dash pepper
- 1 box Jiffy cornbread mix
- 1 egg (for cornbread mix)
- ½ cup milk (for cornbread mix)

Instructions:
Preheat oven to 350 degrees Fahrenheit.
1. Brown ground beef in frying pan, drain and discard grease.
2. Put ground beef in casserole dish with all ingredients except cornbread mix, egg and milk.
3. Prepare cornbread mix according to package directions and pour on top of other ingredients.
4. Bake 30 to 40 minutes at 350 degrees Fahrenheit.

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