

Tex-Mex Casserole

by J. D. Moss

I have spent most of my life in homes surrounded by others. I am not much of a loner and like cooking for family, friends, and roommates; still, there are times that cooking for one is enjoyable.

On one such night, I was cooking one of my favorite dishes, Tex-Mex Casserole. I was comfortable and relaxed, wearing only a t-shirt and underwear. I had spent years perfecting this meal to meet my taste. I happily moved around the kitchen with the cold floor pressing on the bottom of my shoeless feet. I chopped the onions, added them to the garlic already cooking in the frying pan, and smiled as I dropped in the hamburger meat and watched it begin to sizzle.

The whole house was engulfed in the wonderful smell of my creation. While that was cooking, I assembled the ingredients I needed for the cornbread topping and quickly discovered I was out of eggs.

I was too far into the cooking process to change my meal plans and my stomach was determined to eat this dish. Fortunately, there was a small grocery a half block from my home which meant only a short delay of my plans.

I turned off the gas flame under the hamburger mixture, placed a lid on it, and got ready for the short walk to the store. I stepped into my flip-flops, grabbed my wallet, and headed out the door. I lived in a small condo complex where every patio was lined with fences and green shrubs. I walked through the complex and reached the street that took me over a short bridge that ended at the parking lot on the side of the grocery store. I quickly made my way to the sidewalk and turned the corner - placing me only a few feet from the front entrance. It was then that I felt a gentle breeze rush over my face and felt the coolness of the wind on my legs. Looking down I discovered that in my rush, I had failed to put on my pants. I had walked to the store in my underwear!

My movement stopped and I casually turned around, retracing my steps back to my home. There was no short cut I could take to get back, no way of avoiding the street or walking past my neighbors, and no way to hide the fact I was not wearing pants. All I could do was calmly walk home as if nothing were wrong, except I started laughing at myself and what I had done. So, there I was, walking and laughing all the way home, embarrassed and humbled and wondering if I could do this at such a young age what was I going to be like when I became old.

My embarrassment did not stop me from making and enjoying my meal. When I got home, I put on my pants and went back to the store for the eggs. Every time I eat Tex-Mex casserole, I smile at the picture of me walking to the store in my underwear.

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what makes it
great!

- 1 lb. lean ground beef.
- 1 lg. white onion. (diced)
- 2 cloves garlic. (minced)
- 1 15oz. can of corn. (drained)
- 1 15oz. can diced tomatoes.
- 1 15oz can of black beans.
- 1 10oz can Rotel.
- 1 can of tomato sauce.
- 1 Tablespoon black pepper.
- 1 teaspoon salt.

Cornbread

- 1 cup flour.
- 1 cup yellow cornmeal.
- 2 Tablespoon baking powder.
- 1 teaspoon salt.
- 2 Tablespoon sugar.
- 2 eggs. (beaten)
- 1 cup milk.
- 4 teaspoons vegetable oil.

Cooking Tip!

Use lean (93%) ground beef to help reduce the amount of fat. You can also use ground turkey meat.

Spice it up!

If you like it hot add some peppers!

Take a large frying pan and cook the onion, garlic, and hamburger. While this is cooking make the cornbread batter.

When the meat mixture is fully cooked, add the corn, tomato sauce, diced tomatoes, Rotel, pepper, and salt. Mix all ingredients and pour this into a casserole dish.

Now pour the cornbread batter evenly over the top of the mixture.

Place the casserole dish into a preheated oven at 375 for 35 minutes or until the cornbread has cooked completely.

Cornbread batter.

In a bowl, beat and combine the eggs, milk, and oil. Add the flour, cornmeal, baking powder, salt, and sugar. Mix well but don't over-mix.

