

Chili with Cheesy Cornflake Topping

Ingredients:

- 1 TBS olive oil
- 1 medium yellow onion -diced
- 1 green bell pepper, diced
- 1 large carrot, diced into small pieces
- 2 cloves minced garlic
- 1 pound lean ground beef OR turkey
- 2 1/2 TBS chili powder
- 2 TBS ground cumin
- 1 tsp oregano
- 1 tsp paprika
- 1 15 oz can diced tomatoes
- 1 15 oz can red kidney beans, drained and rinsed
- 1 15 oz can pinto beans, drained and rinsed
- 1 8 oz can of tomato sauce
- 2 cups beef broth
- 1 1/2 tsp salt

For the cornflake topping:

- 2 cups cornflakes
- 1 cup shredded cheddar cheese
- 1 tsp paprika
- 1 tsp garlic powder

Directions

1. Preheat the oven to 450°
2. Add the olive oil to an oven safe skillet (I used my cast iron). Add the onion, peppers and carrots. Cook for 5 minutes, stirring occasionally.
3. Add the ground beef and minced garlic to the skillet. Cook for 6-7 minutes, until the beef is browned, stirring occasionally.
4. Add the chili powder, cumin, oregano, and paprika to the skillet. Stir until well combined.
5. Add the broth, diced tomatoes (with their juice), drained beans, and tomato sauce. Stir well.
6. Bring the liquid to a low boil. While it is heating up, add cornflakes, cheese and seasonings to a large ziplock bag. Crush gently using a rolling pin or metal measuring cup.
7. Turn off heat, add cornflake mixture on top. Place in the oven for 15 minutes.
8. Remove and enjoy!

MADE WITH LOVE

by Teresa Forehand