

# 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

[msue.anr.msu.edu](http://msue.anr.msu.edu)

**MICHIGAN STATE**  
UNIVERSITY | Extension

# Cornbread Casserole

## Ingredients:

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

**[msue.anr.msu.edu/program/info/eat\\_healthy\\_be\\_active](https://msue.anr.msu.edu/program/info/eat_healthy_be_active)**

This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. MSU is an affirmative-action , equal-opportunity employer.