

Corn Bread Hamburger Pie

Yield: 5 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/pati-s-mexican-table-corn-bread-cake-recipe>

Ingredients:

- 1 pound ground beef
- 1 onion medium, chopped
- 1 green pepper medium, chopped
- 10 3/4 ounces condensed tomato soup undiluted
- 1/4 cup salsa
- 2 tablespoons ketchup
- 1 tablespoon steak sauce optional
- 8 1/2 ounces corn bread /muffin mix
- fresh parsley Minced, optional

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 80 milligrams
4. Fat: 18 grams
5. Fiber: 2 grams
6. Protein: 23 grams
7. SaturatedFat: 6 grams
8. Sodium: 890 milligrams
9. Sugar: 8 grams
10. TransFat: 1 grams

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