



Byron's Dutch Oven Recipes

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Chili Cornbread Pie

Chili

1 lb. extra lean ground meat
1 medium yellow onion; diced
1/2 cup red bell pepper; diced
4 cloves garlic; minced
(1) 15 oz. can black beans; drained & rinsed
(1) 15 oz. can tomato sauce
(1) 28 oz. can cut tomatoes; drained
(1) 4 oz. can diced green chilis
2 Tbs. chili powder
1 tsp. ground cumin
1 Tbs. onion powder
1/2 tsp. garlic powder
1/2 tsp. salt

Cornbread

1 cup all purpose flour
1 1/2 cup cornmeal
1 tsp. brown sugar
1/2 tsp. salt
3/4 tsp. baking soda
1 Tbs. baking powder
1/2 tsp. Mrs. Dash
1 cup creamed corn
1 cup buttermilk
3 egg whites; beaten stiff
1 Tbs. melted butter

Prepare Chili: Brown ground meat in a 12" Dutch oven using 18-20 briquettes bottom heat. Add onion and red bell pepper and cook until tender. Drain off liquid. Add remaining ingredients. Bring contents of Dutch oven to a boil, then simmer 30 minutes.

Prepare Cornbread: In mixing bowl combine all dry ingredients. In separate bowl combine all wet ingredients. Stir wet ingredients into dry until well mixed. Spoon cornbread mixture over top of chili. Cover and bake using 12 briquettes bottom and 16-18 briquettes top for 30 minutes or until cornbread turns golden brown.

NOTE: For even browning make sure to turn the oven and lid 1/4 turn in opposite directions every 10 minutes.

Serves: 6-8

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