

# Recipes Using Canned Corn

Neighborsinc., South St. Paul, MN 55075



## Menu Makers Corn Salsa

### You will need:

1 (15.25 oz.) canned corn, drained	1 cup cherry tomatoes, chopped	1 (15 oz.) can black beans, rinsed; optional
1/3 cup red onion, diced	2 jalapenos, diced	1/4 cup chopped fresh cilantro
1 cup green bell pepper, chopped	1/4 tsp. salt	3 tbsp. fresh lime juice
2 tbsp. honey	1 tbsp. olive oil	1/4 tsp. chili powder
		1/4 tsp. cumin

### Instructions:

- Heat a medium cast-iron skillet over medium-high until hot. Add oil and corn. Stir until slightly browned.
- Add cumin and chili powder. Stir occasionally. Remove from heat. Stir in bell pepper.
- Add those ingredients into a large bowl. Add raw onion, tomatoes, jalapeno, and cilantro. Set aside.
- In a small bowl, whisk lime juice, honey and salt together.
- Pour over corn mixture and stir to coat. Add more salt and/or lime juice if needed. Serve with chips.

## Menu Makers Corn Spoonbread

### You will need:

1 (15.25 oz.) canned corn, drained	1 (8.5 oz.) JIFFY Corn Muffin Mix	1 (14.75 oz.) can cream style corn
1/2 cup (1 stick) butter, melted	1 cup sour cream	3 eggs
non-stick cooking spray	warm honey; optional	1/2 tsp. salt; add more if desired

### Instructions:

- Preheat oven to 375 degrees F. Lightly grease a 2-quart casserole dish with non-stick cooking oil.
- In a large bowl, combine ingredients and mix well. Pour mixture into the casserole dish.
- Bake 35 - 45 minutes or until spoonbread is golden brown and set. Serve with warm honey.

## Menu Makers Quick Gumbo

### You will need:

1 (15.25 oz.) canned corn, drained	1 package (12 oz.) smoked sausage, sliced	1 (14.5 oz.) can chicken broth
1 cup uncooked instant rice	1 (14.5 oz.) can diced tomatoes with chilis	1/2 cup chopped onion
1/2 cup water	sliced green onions, optional	salt to taste

### Instructions:

- In a large saucepan, cooked sliced sausage until browned on both sides. Stir in tomatoes, broth and water.
- Bring to a boil. Stir in rice and corn. Cover and remove from heat. Let stand for 5 minutes.
- If desired, top with sliced green onions. Serve with warm bread.

### Menu Makers Stuffed Peppers

**You will need:**

1 (15.25 oz.) canned corn, drained	4 bell peppers, tops sliced off	1 (15 oz.) black beans, drained
1 cup grated Cheddar or mozzarella cheese	1 cup cooked rice, optional	3 green onion tops, diced
2 tsp. chili powder	1 tsp. hot sauce	salt to taste

**Instructions:**

- Preheat oven to 350 degrees F. In a large pot of simmering water, steam peppers until tender: 5 - 7 min.
- Drain water and let peppers cool. Once cool, cut peppers in half if desired.
- Arrange peppers in a large glass baking dish.
- In a bowl, combine black beans, corn,  $\frac{1}{2}$  cup cheese, 2 diced green onions, chili powder, rice and hot sauce.
- Season with salt. Spoon mixture into bell peppers and sprinkle with more cheese.
- Bake until cheese is melted and mixture is warmed through, 8 to 10 minutes.
- Garnish with green onions and serve.

### Menu Makers Corn Fritters

**You will need:**

1 (15.25 oz.) canned corn. drain and reserve juice	2 eggs	1 cup flour
1 tsp. baking powder	1 tsp. salt	1 tsp. sugar
		bacon grease or margarine for frying

**Instructions:**

- Drain liquid from canned corn. Save  $\frac{1}{4}$  cup of liquid and discard the rest.
- In a medium sized bowl combine the  $\frac{1}{4}$  cup reserved liquid and the eggs. Use a whisk to beat them smooth.
- Add the salt, flour, baking powder and sugar. Mix really well until there are no lumps.
- Add the drained corn and then mix again. Heat 2 tbsp. of grease or margarine in large iron skillet.
- Warm over medium high heat. Drop about  $\frac{1}{4}$  cup of batter for each fritter into iron skillet.
- Fry them just like pancakes, turning them over after the under side is crispy brown.
- They will cook a little slower than pancakes because they are thicker.
- Serve with applesauce, pancake syrup and/or butter.

### Menu Makers Taco Casserole

**You will need:**

1 (15.25 oz.) canned corn, drained	1 lb. ground beef	1 (1.25 oz.) taco seasoning mix
1 (15 oz.) can tomato sauce	1 (16 oz.) can pinto beans, drained and rinsed	salt to taste
1 cup shredded Cheddar cheese	1 cup coarsely crushed tortilla chips	

**Instructions:**

- Preheat oven for 400 degrees F. Brown meat in skillet on medium-high heat. Drain fat.
- Stir in seasoning mix, beans, tomato sauce and corn. Bring to a boil. Reduce heat to low.
- Simmer for 5 minutes. Spoon into 2-quart baking dish. Sprinkle with cheese and tortilla chips.
- Bake 5 - 10 minutes until cheese is melted. Be careful not to burn chips. Serve with assorted toppings.