

# Recipes Using Canned Corn



## Cowgirl Caviar

### You will need:

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

### Instructions:

- Heat a medium cast-iron skillet over medium-high heat 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 to a large bowl. Add 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.

## Easy Corn Bread

### You will need:

1/2 cup canned corn, well drained	1 cup grated Cheddar cheese	2 tbsp. chopped pickled jalapenos
1 (15 oz.) box cornbread mix along with other ingredients listed on the box		
1/4 tsp. cayenne pepper	serving of honey	

### Instructions:

- Preheat oven to 400 degrees F. Prepare cornbread using instructions on cornbread box.
- Fold in cheese, corn and chopped pickled jalapenos.
- Pour mixture into a buttered 8-inch square baking pan. Smooth over the top.
- Bake for 35 to 45 min. until the top is golden brown or until inserted toothpick comes out clean.
- For extra crispy topping, sprinkle Cheddar cheese and jalapenos on top for last 10 minutes of baking.
- Serve warm with honey.

## Quick and Easy Gumbo

### You will need:

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

### Instructions:

- In a large saucepan, cook sliced sausage until browned on both sides.
- Stir in tomatoes, broth & 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.

## Zucchini Corn Chowder

### You will need

2 (15.5) cans of corn, drained	2 strips of bacon, chopped	$\frac{3}{4}$ cup onion, chopped
2 celery ribs, chopped	1 medium carrot, diced	$\frac{1}{2}$ tsp. dried thyme
2 garlic cloves, minced or $\frac{1}{4}$ tsp. garlic powder		2 medium russet potatoes, peeled and diced
4 - 5 cups chicken or vegetable broth, start with 4		1 cup half and half cream
1 medium green or yellow zucchini, diced into $\frac{1}{2}$ inch slices		salt and pepper to taste

### Instructions:

- In a large heavy saucepan over medium heat, cook bacon until it renders its fat and begins to brown.
- Add onion, celery, carrots, garlic, and thyme. Cook and stir until vegetables begin to soften.
- Add potatoes and broth. Raise the heat to medium high and bring to a simmer.
- Lower heat to medium and bring to a simmer. Simmer for about 10 minutes.
- Add zucchini and corn. Season with salt and pepper.
- Simmer an additional 8 - 12 minutes until all vegetables are completely tender.
- Add half and half and cook just until heat through. Do not bring to a boil.
- Soup will not be extremely thick.

## Four Canned Corn Side Dishes

### Spicy Fiesta Corn:

Cook 1 (15.25 oz.) can corn with 1 (4 oz.) can diced chilis, drained. Stir in  $\frac{1}{2}$  tsp. cumin and top with  $\frac{1}{2}$  cup shredded Mexican cheese.

### Savory Corn and Tomatoes:

Cook 1 (15.25 oz.) can corn with 1 cup halved cherry tomatoes. Stir in  $\frac{1}{4}$  cup sliced green onions.

### Sweet Corn with Thyme and Bacon:

Cook 1 (15.25 oz.) can corn with 2 tsp. fresh thyme or  $\frac{1}{2}$  tsp. dried thyme. Stir in 4 slices of cooked and crumbled bacon.

### BBQ Corn:

Cook 1 (15.25 oz.) can corn with 1/2 cup bottled BBQ sauce. Top with crushed tortilla chips.

## Taco Casserole

### You will need:

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

### Instructions:

- Preheat oven to 400 degrees F. Brown meat in skillet on medium high heat. Drain fat.
- Stir in seasoning mix, beans, tomato sauce, salt, and corn. Bring to a boil. Reduce to low heat.
- 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.