

# Beef & Biscuit Bake

## Ingredients:

### Beef

- 1 lb. ground beef
- 1-16 oz. can of kidney beans (rinsed and drained)
- 1-15 ¼ oz. can whole kernel corn (drained)
- 1 can condensed tomato soup (gluten-free)
- ¼ cup milk
- 2 Tbs. minced onion
- ½ tsp. chili powder
- ¼ tsp. salt
- 1 cup shredded cheese (cheddar or Monterey jack)

### Biscuit Coating

- 2-3 Tbs. melted butter/margarine
- 1/3 cup cornmeal (omit for gluten-free)

### Directions:

1. Preheat oven to 375 degrees.
2. Place the ground beef in a saucepan over medium heat on the stovetop.
3. Cook the beef until it is completely brown (10 to 15 minutes). Drain the fat off of the meat with a spoon and discard the fat.
4. While the beef is cooking, prepare the other ingredients by measuring out the milk, minced onion, chili powder and salt into a separate mixing bowl.
5. Measure out the cheese, but set it to the side.
6. Rinse and drain the kidney beans, then add those, the corn and tomato soup to the mixing bowl. Stir.
7. When the beef is cooked, add the mixture from the mixing bowl and bring to a boil.
8. Remove the pan from the burner and stir in the cheese.
9. Spoon into a 2 ½ quart baking dish (9"x13" glass dish) and bake at 375 degrees for 10 minutes.  
(For completely gluten-free, set aside a smaller baking dish (bread tin size) and follow the same instructions, placing only the Gluten-Free Biscuits on top.)
10. Meanwhile, melt butter for the biscuit coating and measure out cornmeal into a small bowl. You will have 4 plates of biscuits: Sourdough, Cowboy Brown, Wagon Train and Gluten-Free biscuits.
11. Brush each plate of biscuits with the melted butter, using a different brush for the Gluten-Free Biscuits. Roll each biscuit in the cornmeal, EXCEPT the Gluten-Free Biscuits.
12. Remove dish(es) from the oven with mitts and place the biscuits on top. Return to the oven for 10 to 12 minutes until biscuits are lightly browned and cooked through.

Source: June McClure, Former Sieben Ranch Head Cook, Cascade, Montana