



### **Southern Cornbread BBQ Casserole**

*A quick-to-make cornbread casserole with a BBQ filling*

- 1 to 2 Tablespoons avocado oil (if using plant-based meat)
- 1 pound ground beef or plant-based meat
- 1 cup chopped onions
- 1 cup chopped mixed red and green sweet bell peppers,
- 2 Tablespoons packed brown sugar
- 3 Tablespoons red or white wine vinegar
- 1 Tablespoon BBQ seasoning
- 1 Tablespoon Worcestershire sauce
- 2 cups tomato or Italian tomato sauce

#### **Cornbread Topping:**

- 1 (8.5 oz.) corn muffin mix (Jiffy brand)
  - 1 egg
  - 1 Tablespoon avocado oil
  - 1/3 cup milk or unsweetened plant based milk
  - 1/2 cup shredded cheddar cheese
- Garnish: chopped parsley as desired

- Preheat oven to 350 degrees F.
- Warm an oven-safe 9-1/2-inch skillet, add oil (if using plant-based meat). Add ground beef product, cook until meat is browned; add onions and peppers, cook to soften. If needed, add a small amount of water to avoid any sticking.
- In a medium sized bowl, prepare sauce. Stir brown sugar, vinegar, BBQ seasoning, Worcestershire sauce and tomato sauce until combined.
- When vegetables are tender, add sauce to skillet; reduce heat to medium; cook for about 5 minutes; reduce heat; cook until mixture is desired thick consistency. Turn heat off.
- Prepare Cornbread Topping: In a medium sized bowl, stir dry cornbread mixture, egg, oil, and milk. Stir until combined.
- Pour the cornbread mixture evenly over the top of the meat in pan.
- Bake in preheated oven for about 25 minutes or until toothpick inserted into the center of the cornbread comes out clean and the cornbread is browned.
- Sprinkle the top of the hot casserole with shredded cheese. Serve warm.

**GG recipe Inspired by:** Six Sisters Stuff, Cornbread Sloppy Joe Casserole  
<https://www.sixsistersstuff.com/category/recipes/>

**About the Recipe:** This dish is traditionally served in the South with barbecued meat. The casserole is easy-to-make and filled with the rich flavors of onions, peppers, and soft crumbles of meat, sauced with a light barbecue sauce, covered with a crunchy cornbread topping, and a sprinkle of shredded cheddar cheese. It is a dish filled with traditional warmth and an enjoyable meal for sharing with your family or friends.