

# Can-Do CORN



## *Southwest Corn and Bean Medley*

Servings: 4

### Ingredients

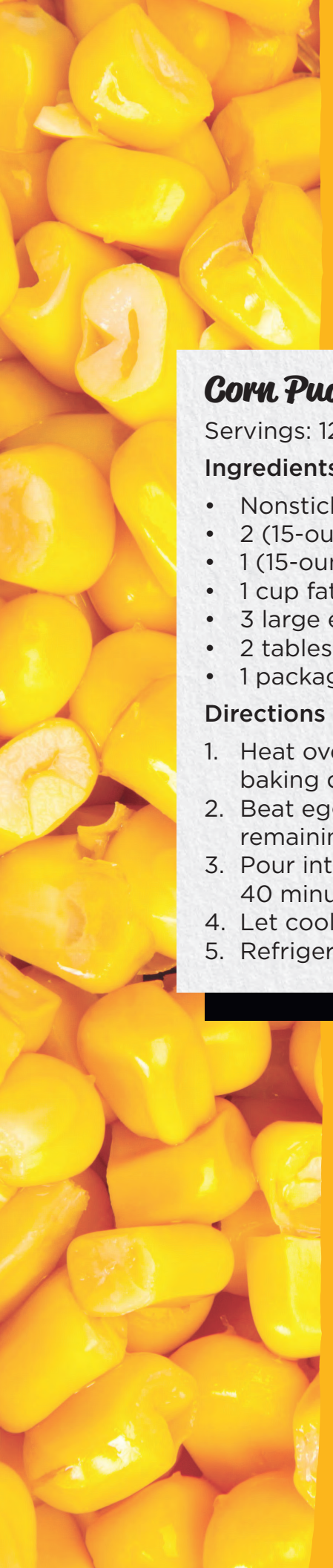
- $\frac{3}{4}$  cup onion (chopped)
- 1 (15-ounce) can whole-kernel corn, liquid drained and reserved
- 1 (15-ounce) can red kidney beans, drained and rinsed
- 1 tablespoon chili powder

### Directions

1. Heat 3 tablespoons of liquid from canned corn in saucepan over medium-high heat.
2. Cook onion in liquid until soft, about 2 minutes.
3. Add corn, kidney beans, remaining corn liquid and chili powder to onion mixture.
4. Cook over low heat for 10 minutes. Let cool 5 minutes before serving.
5. Refrigerate leftovers immediately.

### **Additional cooking tip**

Remove fresh corn kernels by standing the ear of corn upright on a cutting board. Using a sharp knife, cut the kernels straight down along the corn cob.



## ***Corn Pudding***

Servings: 12

### **Ingredients**

- Nonstick spray oil
- 2 (15-ounce) cans corn kernels, drained
- 1 (15-ounce) can cream-style corn
- 1 cup fat-free sour cream
- 3 large eggs
- 2 tablespoons butter, melted
- 1 package (8.5-ounce) corn muffin mix

### **Directions**

1. Heat oven to 375 degrees F; spray a 9-by-13-inch baking dish with oil.
2. Beat eggs in a large mixing bowl for 1 minute. Stir in remaining ingredients.
3. Pour into the prepared baking dish and bake for 40 minutes or until browned and springy in the center.
4. Let cool slightly before serving.
5. Refrigerate leftovers immediately.

### **Measurement equivalents**

3 teaspoons	= 1 tablespoon
4 tablespoons	= ¼ cup
5 ⅓ tablespoons	= ⅓ cup
16 tablespoons	= 1 cup
2 cups	= 1 pint
4 cups (2 pints)	= 1 quart
4 quarts (liquid)	= 1 gallon

## Taco Soup

Servings: 4

### Ingredients

- 1 pound ground beef
- 1 (10.75-ounce) can tomato soup, condensed
- 1 (14.5-ounce) can salsa of choice
- 1 (14.5-ounce) can corn
- 1 (14.5-ounce) can black beans
- ½ cup shredded cheddar cheese
- 4 hamburger buns \*Can also serve on top of rolls, corn muffins or rice.

### Directions

1. Brown meat in skillet on stove over medium-high heat. Drain fat, if any. Add soup, salsa, corn, and beans.
2. Cook until sauce is reduced to desired thickness (approximately 10 minutes).
3. Top with cheese and spoon onto hamburger bun.
4. Refrigerate leftovers immediately.



## Cooking Terms

**Boil:** to heat a liquid until bubbles break continually on the surface

**Chop:** to cut solids into pieces with a sharp knife or other chopping device. Finely Chop is just chopping solids into small pieces

**Dice:** to cut food into small cubes of uniform size and shape

**Divided:** to use a particular ingredient more than once in the same recipe

**Simmer:** to cook slowly in liquid over low heat at a temperature of about 180 degrees; the surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles



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## ***Microwave Potato Corn Chowder***

Servings: 4

### **Ingredients**

- ¼ cup margarine
- 4 tablespoons flour (all purpose)
- 2 cups nonfat milk
- 1 (15-ounce) can corn
- 1 (15-ounce) can sliced or diced potatoes, drained
- Salt and pepper to taste
- Garlic powder to taste

### **Directions**

1. Melt margarine in a microwave safe bowl for 30-50 seconds.
2. Stir in flour until smooth. Mix in milk.
3. Cook in microwave for 6 to 8 minutes, until thickened, stirring each minute.
4. Add undrained corn, drained potatoes, and seasoning to white sauce; cook 2-3 minutes or until hot.
5. Refrigerate leftovers immediately.