

Can-Do CORN



Southwest Corn and Bean Medley

Servings: 4

Ingredients

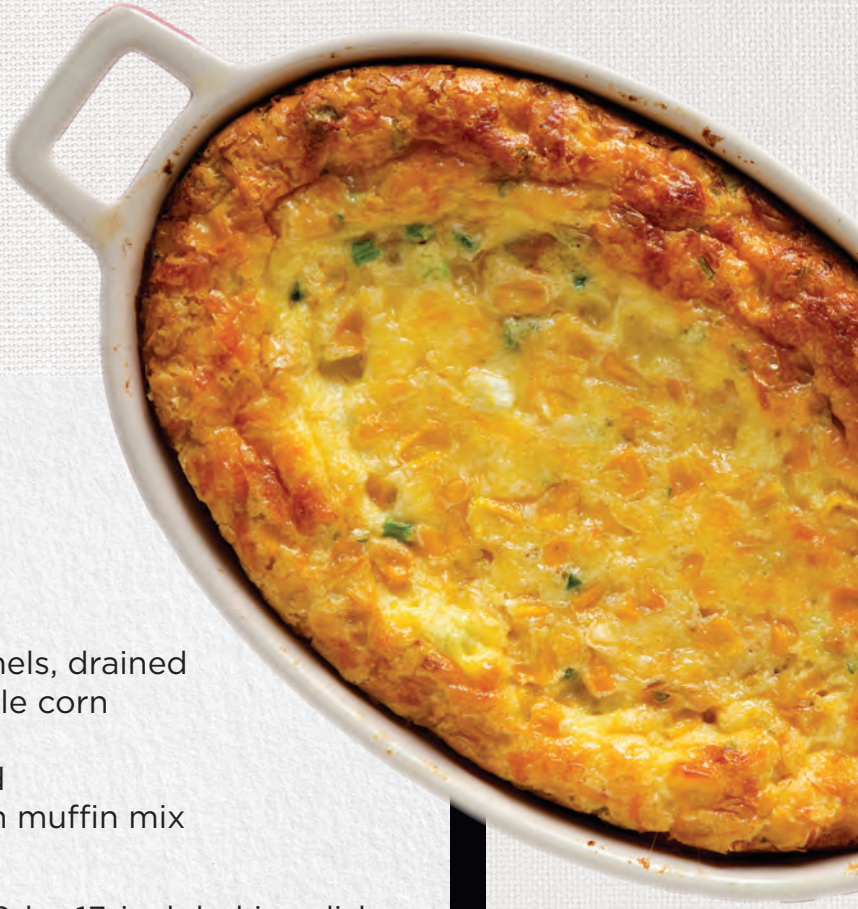
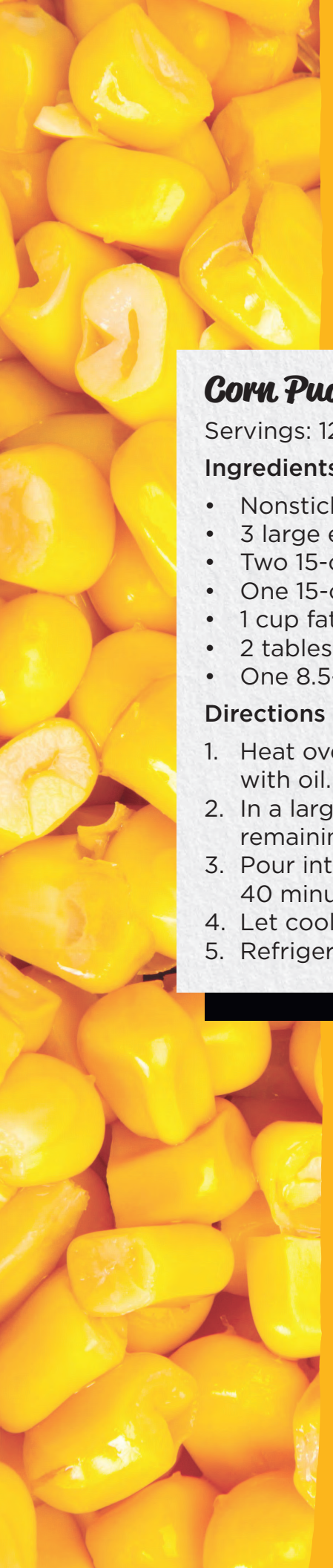
- One 15-ounce can whole-kernel corn, liquid drained and reserved
- $\frac{3}{4}$ cup onion, chopped
- One 15-ounce can red kidney beans, drained and rinsed
- 1 tablespoon chili powder

Directions

1. In a saucepan over medium-high, heat 3 tablespoons of liquid from canned corn.
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
- 3 large eggs
- Two 15-ounce cans corn kernels, drained
- One 15-ounce can cream-style corn
- 1 cup fat-free sour cream
- 2 tablespoons butter, melted
- One 8.5-ounce package corn muffin mix

Directions

1. Heat oven to 375 F; spray a 9-by-13-inch baking dish with oil.
2. In a large mixing bowl, beat eggs 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
- One 10.75-ounce can tomato soup, condensed
- One 14.5-ounce can salsa of choice
- One 14.5-ounce can corn
- One 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. In a skillet over medium-high, brown meat. 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

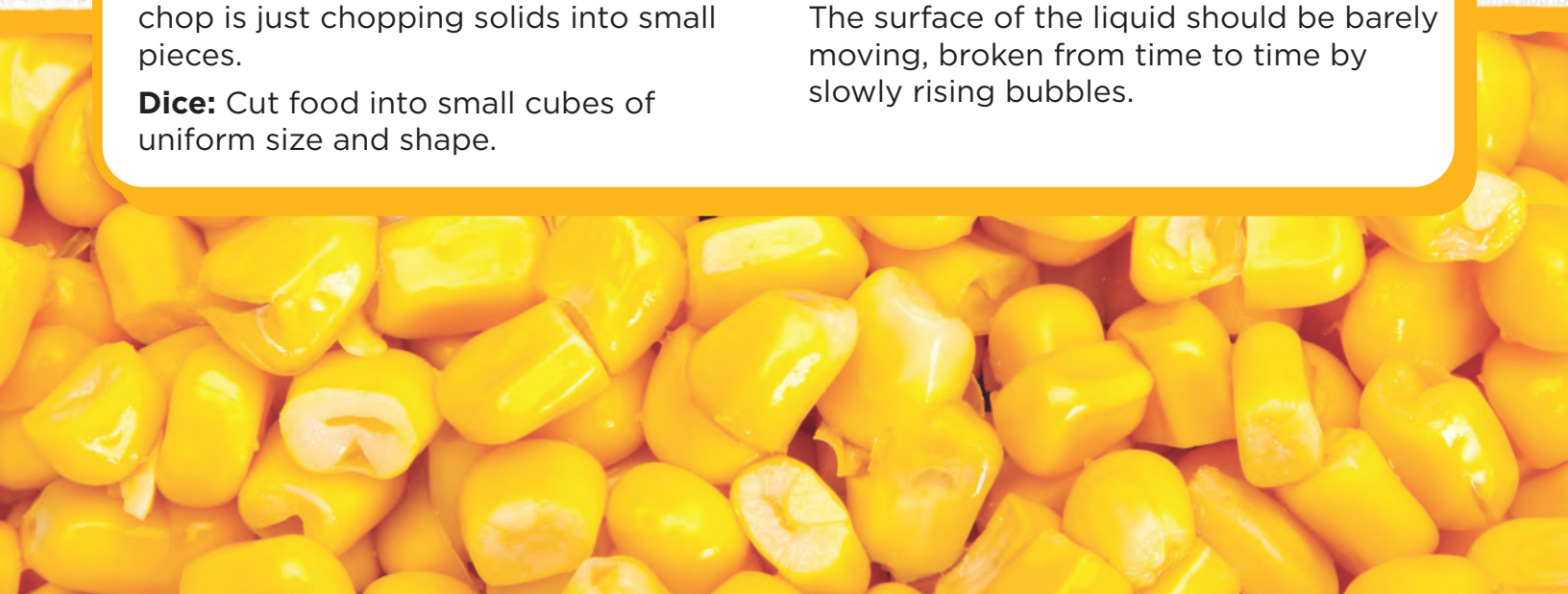
Boil: Heat a liquid until bubbles break continually on the surface.

Chop: Cut solids into pieces with a sharp knife or other chopping device. Finely chop is just chopping solids into small pieces.

Dice: Cut food into small cubes of uniform size and shape.

Divided: Use a particular ingredient more than once in the same recipe.

Simmer: Cook slowly in liquid over low heat at a temperature of about 180 F. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.



Funded in part by USDA SNAP.
For more information, call MU Extension's
Show Me Nutrition Line at 1-888-515-0016.
Need help stretching your food dollars?
Contact your local resource center or go
online to mydss.mo.gov/food-assistance



Microwave Potato Corn Chowder

Servings: 4

Ingredients

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

Directions

1. In a microwave safe bowl, melt margarine for 30–50 seconds.
2. Stir in flour until smooth. Mix in milk.
3. In microwave, cook for 6–8 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.