

Cornmeal Beef Casserole

1-½ cups beef stock	⅔ cup shredded beef
½ cup corn meal	1 beaten egg
2 tbsp fat	3-4 tomatoes, sliced thin
½ large onion, chopped	salt and pepper

Cook the corn meal in the stock until thick. Add more salt if necessary. Brown the onion in the fat and add to corn meal with the cooked beef. Stir in the egg.

Arrange a layer of tomatoes in a buttered 8x8 casserole, salt and pepper lightly, cover with beef mix, and repeat. Bake at 350° for 20-30 minutes until lightly browned.

Adapted from *Cooking with Wholegrains* (1951).