

Corn bread's humble beginnings can be traced back to the Native Americans that European settlers came in contact with when they first arrived in America, although it stands to reason that Native Americans had been making corn bread long before that. Native Americans used corn ground into meal and flour for years in their cooking. Corn was a major food source so they were very creative in its usage. When supplies were scarce, Native Americans made corn bread from a simple mixture of water, salt, and cornmeal. The recipe graduated to using variety of sweetener products like sugar, honey, or molasses. Southern recipes tend to use more fat to flavor their cornbread instead of sweeteners. There is no need for yeast to get corn bread to rise, making it one of America's favorite quick breads. Today, you can make corn bread from scratch; however, there are also a variety of corn bread mixes available from your local grocery store.

To get your corn bread fix, try out this traditional recipe!

Buffalo Corn Bread Casserole

Ingredients:

1 pound ground buffalo
1 small onion, chopped
2-3 jalapeno peppers, seeded and chopped
2 packages corn bread/muffin mix (8-1/2 oz.)
3/4 teaspoon salt
1/2 teaspoon baking soda
1 can cream-style corn, (14-3/4 oz.)
1 cup milk
1/2 cup vegetable oil
2 eggs, beaten
3 cups reduced fat cheddar cheese, shredded, divided

Directions:

In a large skillet, cook the buffalo, onion and peppers over medium heat until meat is no longer pink; drain and set aside. In a small bowl, combine the corn bread mix, salt, baking soda, corn, milk, oil and eggs. Pour half in a greased 13-in. x 9-in. x 2-in. baking dish. Layer with half of the cheese and all of the buffalo mixture. Top with remaining cheese. Carefully spread remaining batter over top. Bake, uncovered, at 350° for 40-45 minutes or until a toothpick inserted near the center comes out clean.