**Easy Mexican Beef Sausage Cornbread Muffins**

*Makes 8 servings*

*Ingredients:*

1 recipe Mexican-Style Beef Sausage (recipe follows)

1 package (8-1/2 ounces) cornbread muffin mix

1 large egg

1/3 cup low fat or skim milk

½ cup shredded Mexican cheese blend

*Cooking:*

1. Prepare Mexican-Style Beef Sausage. Remove from pan.
   1. Mexican-Style Beef Sausage: Combine 1 pound Ground Beef (93% lean or leaner), 2 tablespoons red wine vinegar, 1-1/2 teaspoons dried oregano, 1-1/2 teaspoons smoked paprika, 1-1/2 teaspoons chile powder, 1 teaspoon garlic powder, ½ teaspoon salt and ½ teaspoon chipotle chile powder in large mixing bowl mixing lightly but thoroughly. Heat large nonstick skillet over medium heat until hot. Add sausage mixture; cook 8 to 10 minutes, breaking into 1/2 -inch crumbles and stirring occasionally.
      1. Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.
2. Spray 24 mini muffin cups with nonstick cooking spray. Prepare muffin batter according to package directions with egg and milk. Fold sausage into muffin batter.
3. Divide muffin batter evenly amount 24 mini muffin cups, filling to top. Place mini muffin pan into freezer for minimum of 4 hours. Cover with plastic wrap.
4. Remove mini muffin pan from freezer. Preheat oven to 350°F. Top batter evenly with cheese.
5. Bake in 350°F oven 20 to 25 minutes or until muffins are cooked through and cheese is melted and golden brown. Cool 15 minutes before removing from pan.

*Disclaimer: This recipe was created specifically for Hy-Vee’s Simple Fix meal prep kit program. Nutritional analysis may differ from original recipe available on* [*www.BeefItsWhatsForDinner.com*](http://www.BeefItsWhatsForDinner.com)*.*

