Turkey Kidney Bean Cornbread Pots

4 individual 600 ml cornbread-topped pots;1 pot per meal · Active 50 min · Total 2 hr 5 min

Skills: Beginner with ordinary kitchen equipment

Ingredients

- 10 1/2 oz raw ground turkey,93% lean (300 g)
- 2 cans red kidney beans, drained and rinsed (480 g edible solids total)
- 1 can crushed tomatoes with juice (400 g/about 14 oz)
- 1 small onion, diced (100 g)
- 1 red bell pepper, stem and seeds removed, diced (150 g prepared)
- 2 garlic cloves, minced (6 g)
- 4 teaspoons olive oil (20 ml/about 18 g), divided
- 1 teaspoon sweet paprika (2 g)
- 1 teaspoon ground cumin (2 g)
- 1/2 cup water for filling (120 ml)
- 2/3 cup fine yellow cornmeal (100 g)
- 2/3 cup all-purpose flour (80 g)
- 2 teaspoons baking powder (8 g)
- 3/4 cup reduced-fat 2% milk (180 ml/about 185 g)
- 1 large egg, beaten (50 g edible)
- Scant 1/2 cup loosely grated cheddar (40 g)
- 3/4 teaspoon fine salt (4.5 g), divided
- 1/4 teaspoon black pepper (0.6 g)

Set out

4 oven-safe bowls or pots, each at least 20 fl oz/600 ml, about 4 3/4 inches/12 cm wide and 2 1/2 inches/6 cm deep, Large deep skillet, Baking tray supporting the 4 pots, 2 mixing bowls, Whisk and spoon, Sieve, Knife and board, Grater, Kitchen scale, Measuring jug, Food thermometer, Oven mitts, Shallow storage containers

Allergens

Wheat, Egg, Milk. Check labels and substitutions.

Make it

1. Confirm each oven-safe pot holds at least 600 ml, then dry it and put all 4 on a sturdy tray. Heat the oven to 375°F/190°C. Drain and rinse canned beans and weigh the edible solids.

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2. Heat half the oil in the skillet over medium heat. Cook onion and pepper for 9–11 minutes until softened. Add turkey, crumble and cook for 8–10 minutes until a gathered thick portion reaches 165°F/74°C. Add garlic, paprika and cumin for 30 seconds.

3. Add tomatoes, filling water, two-thirds of the salt, pepper and canned beans. Simmer uncovered for 12–15 minutes until thick rather than watery, stirring. Divide all filling evenly between the 4 pots, leaving space above.

4. Whisk cornmeal, flour, baking powder and remaining salt in one bowl. In the other, whisk milk, beaten egg and remaining oil. Fold wet into dry just until no flour remains, then fold in cheese. Divide all batter evenly over the 4 hot fillings. Leave at least 3/4 inch/2 cm headroom; do not use smaller pots.

5. Bake for 25–35 minutes until the topping is set with no wet batter and the centers of the filled pots reach 165°F/74°C. Leave for 10 minutes before serving. For later portions, follow the shallow-container cooling instructions rather than leaving full hot pots on the counter.

A useful kitchen skill

Confirm a baking vessel’s real capacity and leave headroom beneath a rising batter, rather than judging size by its outside shape.

A useful detail

The 600 ml pots provide needed headroom for filling and batter. The 125-minute total includes vegetable softening, turkey cooking, reduction, batter work, baking and a brief rest. The estimate includes every pot’s share of topping and cheese.

Keep it well

Divide leftovers promptly into shallow containers, no more than about 2 inches/5 cm food depth, and refrigerate at 40°F/4°C or below within 2 hours, or 1 hour above 90°F/32°C. Do not wait for a deep pot or dish to cool on the counter. For planned freezer meals, transfer from thick hot pots to shallow containers promptly after the 10-minute rest. Use refrigerated portions within 3 days. Once chilled, seal and freeze at 0°F/−18°C for up to 2 months for quality. Thaw in the refrigerator and reheat each center to 165°F/74°C throughout. Cornbread softens beside the filling.