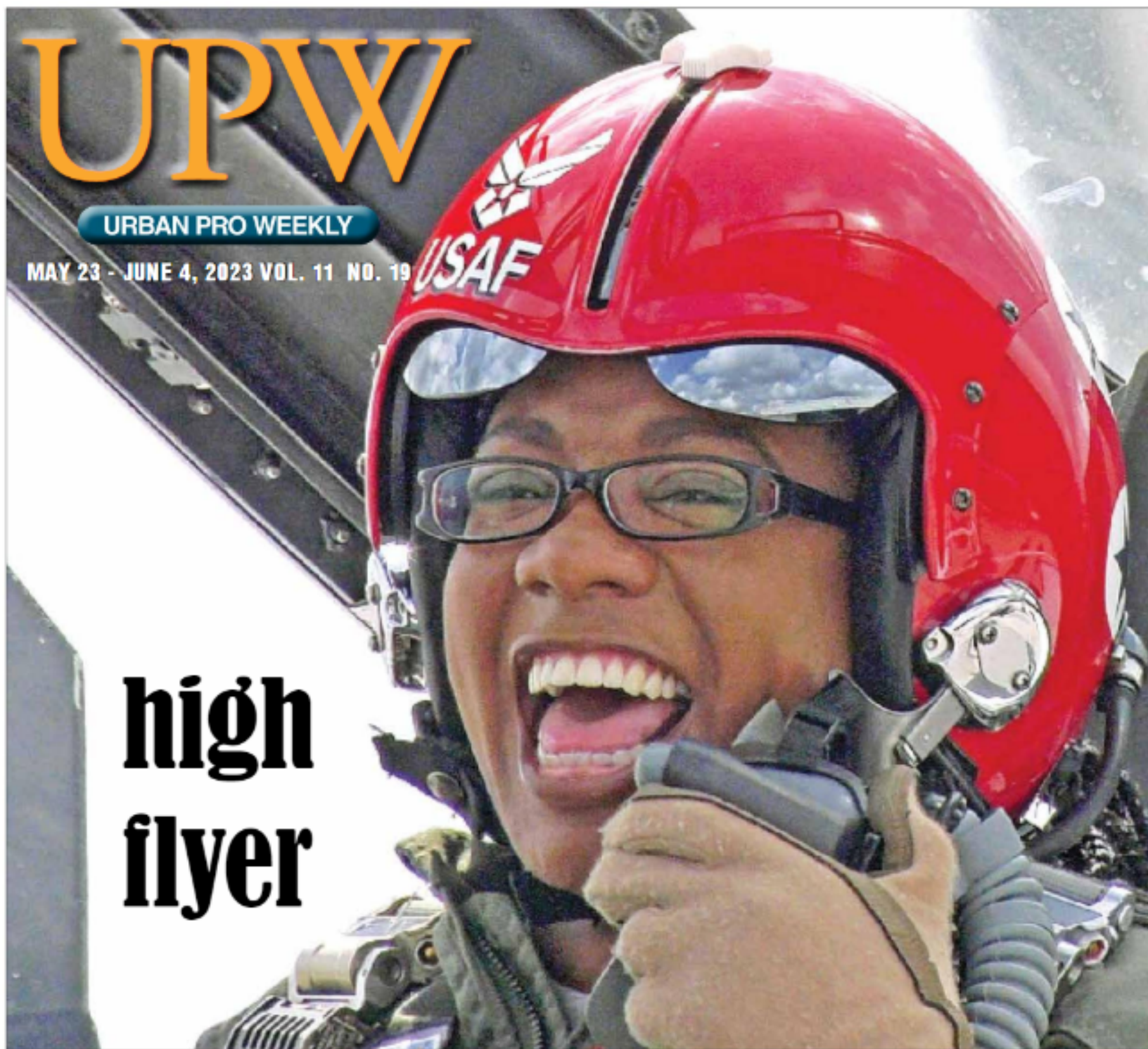


UPW

URBAN PRO WEEKLY

MAY 23 - JUNE 4, 2023 VOL. 11 NO. 19

high flyer



EDUCATOR SHIKARA WILLIS, who was named Richmond County School System's "Teacher of the Year", was honored by the U.S. Air Force Thunderbirds as a "Hometown Hero." Willis, who teaches 5th-grade at C.T. Walker Magnet School, took a ride in an F-16 fighter jet with Capt. Jeffrey "Simmer" Downie as her pilot. Willis shares a laugh during the pre-flight checklist. May 12, 2023 - Photo by Vincent Hobbs



HCD AUGUSTA HOUSING & COMMUNITY DEVELOPMENT


**SOUTH AUGUSTA
FARMERS
MARKET**

1st Saturdays • May - Oct. • 8am - Noon

**Mayor Garnett
Johnson**
South Augusta HQ

**4102 WINDSOR
SPRING ROAD**

UPW

URBAN PRO WEEKLY

**Augusta's Voice
for the Community**

ABOUT URBAN PRO WEEKLY

Urban Pro Weekly (UPW) was founded in August 2011 by Frederick Benjamin, Sr., as a free community-based publication focused on local arts, culture, business, and politics and distributed widely throughout Augusta, Georgia and surrounding areas. Effective March 4, 2021, the Growing Augusta: Arts, Agriculture, & Agency team re-launched UPW as a minority woman-owned Augusta-based bi-weekly publication. The team is looking forward to including relevant community news and events in the printed paper as well as our social media sites.

Who are our readers?

The UPW reader is aged 18-55, multicultural, urban creative. UPW is distributed free throughout the Augusta River Region, although subscriptions are available. Content is updated weekly to email subscribers and social media channels. Advertisers are aware of the power and reach of the Black dollar.



URBAN PRO WEEKLY

**Augusta's Voice
for the Community**

2024 Standard Advertising Rates

SIZE	COST	SCAN TO PAY
Full Page	\$450	
1/2 Page*	\$250	
1/4 Page	\$150	
1/8 Page	\$100	

Advertising Deadlines

- UPW publishes bi-weekly on Thursdays. Call (762) 233-5299 for edition deadlines.
- Ad copy due to urbanproweekly@gmail.com by 5:00pm EST on Monday, the week of publication.
- All prices are for color content. RATES GOOD THROUGH 12/31/2024.
- *Advertorial rate: \$250
- Only camera ready copy will be accepted within 24 hours of print date.
- Volume discounts <20% are available for multi-week runs paid in advance. Call for details.
- **Direct ad payment link: <http://growingaugusta.co/products/upw-ads>**



URBAN PRO WEEKLY

**Augusta's Voice
for the Community**

2024 News Publishing Dates (Magazine TBA)

Jan 04, 18

Feb 01, 15, 29

Mar 14, 28

Apr 11, 25

May 09, 23

Jun 06, 20

Jul 04, 18

Aug 01, 15, 29

Sep 12, 26

Oct 10, 24

Nov 07, 21

Dec 05, 19



URBAN PRO WEEKLY

**Augusta's Voice
for the Community**

2024 EDITORIAL THEMES

January:	Reflect & Aspire
February:	Diversity Chronicles, Innovation Spotlight
March:	Leading Ladies, Sustainable Agriculture
April:	Creative Expression, Outdoor Adventures
May:	Parental Appreciation, Global Wellness
June:	Fatherhood Journeys, Music & Movement
July:	Cultural Celebrations, Community Connections
August:	Education Evolution, Entrepreneurial Spotlight
September:	Vibrant Arts Scene, Labor of Love
October:	Fine Arts Showcase, Harvest Happenings
November:	Local Legacies, Community Spirit
December:	Cultural Connections, Year in Review



PUBLIC MEETING NOTICE INVITATION TO COMMENT ON REGIONAL TRANSPORTATION PROJECTS **공개 회의 공지 댓글 초대 지역 교통 프로젝트** **AVISO DE REUNION PÚBLICA INVITACION A COMENTAR SOBRE LOS PROYECTOS DE TRANSPORTE REGIONAL**

The public is invited to review and comment on the Georgia FY 2024-2027 and South Carolina FY 2025-2027 Transportation Improvement Program (TIP) for the Augusta Regional Transportation Study (ARTS). ARTS includes the urbanized portions of Richmond and Columbia Counties in Georgia, and Allen and Edgefield Counties in South Carolina. The TIP features federally-funded transportation projects that are scheduled to be implemented in the ARTS planning area over the next four years in Georgia and South Carolina. The projects focus on improvements to roads, bridges, public transit, and bicycle and pedestrian facilities. A series of public meetings is scheduled for the following dates, times, and locations:

오거스트 지역 교통 연구(arts)를 위한 공개 회의 2024-2027 및 사우스 캐롤라이나 2025-2027 교통 개선 프로그램(arts)을 검토하고 의견을 제시할 대중을 초대합니다. arts에는 조지아의 리치몬드 및 컬럼비아 카운티와 사우스캐롤라이나의 앨런 및 에지필드 카운티의 도시화된 부분이 포함됩니다. TIP은 향후 네 년 동안 arts 계획 영역에서 구현될 예정인 다양한 대중 교통 교통 프로젝트를 특징으로 합니다. 이 프로젝트는 도로, 교량, 대중 교통, 자전거 및 보행자 시설 개선에 중점을 둡니다. 일련의 공개 회의가 다음 날짜, 시간 및 장소에 예정되어 있습니다.

Se invita al público a revisar y comentar sobre el Georgia FY 2024-2027 y South Carolina FY 2025-2027 Programa de Mejoras al Transporte (TIP) para el Estudio de Transporte Regional de Augusta (ARTS). ARTS incluye las partes urbanizadas de los condados de Richmond y Columbia en Georgia, y Allen y Edgefield en South Carolina. El TIP incluye proyectos de transporte financiados por el gobierno federal que están programados a ser implementados en el área de planificación de ARTS durante los próximos cuatro años en Georgia y South Carolina. Los proyectos se enfocan en mejorar las carreteras, puentes, transporte público e instalaciones peatonales y ciclistas. Una serie de reuniones públicas están programadas para las siguientes fechas, horas y localidades:

DATE/TIME 날짜/시간	LOCATION 위치
Thursday, August 10, 2023, 6:00PM-8:00PM 목요일, 8월 10일 2023년 오후 6시-오후 8시 Avenue, 10 de agosto, 2023, 6:00PM-8:00PM	Public Meeting #1 - Robert Howard Community Center, 335 Diamond Lakes Way, Milledgeville, GA 30655, Multipurpose Room 공개 회의 #1 - 로버트 하워드 커뮤니티 센터, 335 다이아몬드레이크웨이, 밀리지빌, 조지아 30655, 다목적실 Reunion Publica #1 - Robert Howard Community Center, 335 Diamond Lakes Way, Milledgeville, GA 30655, Multipurpose Room
Friday, August 11, 2023, 6:00PM-8:00PM 금요일, 8월 11일 2023년 오후 6시-오후 8시 Market, 11 de agosto, 2023, 6:00PM-8:00PM	Public Meeting #2 - Zoom Meeting https://us02zoom.us/j/9186634230 공개 회의 #2 - 줌 회의 Reunion Publica #2 - Reunion sobre Zoom
Friday, August 11, 2023, 6:00PM-8:00PM 금요일, 8월 11일 2023년 오후 6시-오후 8시 Market, 11 de agosto, 2023, 6:00PM-8:00PM	Public Meeting #3 - Zoom Meeting https://us02zoom.us/j/9186634230 공개 회의 #3 - 줌 회의 Reunion Publica #3 - Reunion sobre Zoom
Thursday, August 16, 2023, 6:00PM-8:00PM 목요일, 8월 16일 2023년 오후 6시-오후 8시 Avenue, 16 de agosto, 2023, 6:00PM-8:00PM	Public Meeting #4 - Columbia County Board of Commissioners, Evans Auditorium A, 600 Ronald Reagan Drive, Evans, GA 30809 공개 회의 #4 - 컬럼비아 카운티 위원회, 에번스 오토리움 A, 600 로널드 레이건 드라이브, 에번스, 조지아 30809 Reunion Publica #4 - Columbia County Board of Commissioners, Evans Auditorium A, 600 Ronald Reagan Drive, Evans, GA 30809

The TIP documents can be viewed online at this website:
 교통 개선 TIP 문서는 이 웹사이트에서 온라인으로 볼 수 있습니다.
<https://www.augustaga.gov/arts>

FULL PAGE

Please contact the Augusta Planning and Development Department (APDD) at (706) 821-1796 for more information. Persons with special needs related to handicapped accessibility or foreign language may contact APDD for assistance. For more information on ARTS, please visit www.augustaga.gov/arts or email arts@augustaga.gov.
 자세한 내용은 (706) 821-1796으로 Augusta 계획 및 개발 부서에 문의하십시오. 장애인 접근성 또는 외국어와 관련하여 특별한 도움이 필요한 사람은 APDD에 연락하여 도움을 받을 수 있습니다. arts에 대한 자세한 내용은 www.augustaga.gov/arts를 방문하거나 arts@augustaga.gov로 이메일을 보내주십시오.
 Para comunicarse con el Departamento de Planificación y Desarrollo de Augusta (APDD) al (706) 821-1796 para más información. Personas con necesidades especiales como de accesibilidad para discapacitados o de idioma, pueden comunicarse con el APDD para obtener asistencia. Para más información sobre ARTS, favor visitar www.augustaga.gov/arts o enviar correo electrónico a arts@augustaga.gov.

Carla Delaney, Director
 Augusta Planning and Development Department
 535 Telfair Street * Suite 305 * Augusta, GA * 30665
 엘리 델라니, 감독
 오거스타 계획개발부 535 텔페어 스트리트 * 스위트 305 * 오거스트, GA * 30665
 Carla Delaney, directora
 Augusta Planning and Development Department
 535 Telfair Street * Suite 305 * Augusta, GA * 30665

This announcement shall serve to fulfill the public involvement and time requirements for the Federal Transit Administration (FTA) Section 5307 and 5309 Program of Projects funded through the FTA Urbanized Area Formula Grant Program and managed by Augusta Transit and the lower Savannah Council of Governments. Pursuant to Federal requirements, if no public comments are received during the 30-day public review and comment period, then the "Program of Projects" is final.

이 발표는 연방수송부에서 조지아 지역 공제공공 교통기관을 통해 제공되는 연방 자금 지원 프로그램에 포함된 프로젝트에 대한 교통 개선(arts)에 5307 및 5309 프로그램에 대한 공제 공제, 지역 및 시간 요구 사항을 충족하는 데 사용되었습니다. 연방 요구 사항에 따라 30일의 공개 검토 및 의견 제출 기간 동안에 공공 의견이 접수되지 않으면, "프로그램 프로젝트"가 최종적입니다.

Este anuncio servirá para cumplir con los requisitos públicos de involucramiento y tiempo del Programa de Proyectos de la Administración Federal de Transporte (FTA) Sección 5307 y 5309 Programa de Proyectos financiados a través del Programa de Bases de Fórmula de Área Urbanizada del FTA y administrados por el Departamento de Transporte de Augusta y el Consejo de Gobiernos de Lower Savannah. De conformidad con los requisitos federales, si no se reciben comentarios públicos durante el periodo de revisión y comentarios públicos de 30 o 31 días, el "Programa de Proyectos" será definitivo.

Latrell's Easy Taco Casserole

Live your best life! That is my motto. My name is Maria L. Chester, I am a chef and owner of Dineria by Latrell and Southern Jazz and Events. My goal is to teach you about food, fitness, anything about the home, gardening, and healthy living.

As students are going back to school, I get lots of questions from parents about quick and easy dinner recipes. Casseroles can be made ahead and frozen for later use. Here is a easy taco casserole recipe that your family will enjoy!

LATRELL'S TACO CASSEROLE

SERVES 6

INGREDIENTS

1 lb ground turkey or crumbled meat substitute
1 package taco seasoning mix
1 can (16 ounces) black beans, drained and rinsed
1 can (15 ounces) corn, drained
1 can (15 ounces) tomatoes, drained
1 cup shredded cheddar cheese
1 cup crumbled tortilla chips

Optional toppings: sour cream, minced green onions, sliced fresh tomatoes, chopped cilantro

DIRECTIONS

Preheat oven to 400°F.

Brown meat in large skillet on medium-high heat and drain the liquid and fat. Stir in taco seasoning mix, beans, corn, tomatoes, and cheese. Cook for 10 minutes. Sprinkle with cheese and tortilla chips. Bake 5 to 10 minutes or until cheese is melted. Serve with optional toppings. A meal (family or personal).
If you have questions, would like to see other recipes, or



would like to learn about events by Latrell, please visit my website and send an email via the contact form.

Website:
www.southernjazzandevents.com

HALF PAGE

SEEKING AFRICAN AMERICAN PARTICIPANTS FOR A FREE PLANT-BASED SOUL FOOD RESEARCH STUDY

YOU MAY QUALIFY IF YOU:

- ARE BETWEEN 18-65 YEARS OLD
- ARE A PARTICIPANT WITH OVERWEIGHT OR OBESITY
- ARE NOT CURRENTLY FOLLOWING A VEGAN DIET
- ARE WILLING TO BE RANDOMIZED TO 1 OF 2 GROUPS

To apply, scan the QR Code below or visit: <https://newsoul.org>

- Participate in a 3-month plant-based eating study
- Receive weekly food vouchers for a free meal from SoCA Vegan Kitchen in Augusta, GA
- Receive up to \$50 for participating



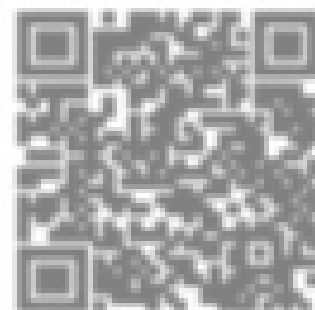
NUTRITIOUS EATING
WITH SOUL STUDY



For more information visit:
<https://newsoul.org>



(803) 777 - 1902



From page 6

was cheaper than when I was, so moving was my best option. I needed to start fresh and get my life in some sort of order. Probably one of the best decisions I made for myself. The universe doesn't put you anywhere you're not supposed to be. You're never where you are by accident, there's always a reason, sometimes it's for a lesson. How you handle yourself in all moments in life dictates what drama, karma, and trauma you will endure on your way to the next chapter or transition in your life.

UPW: Where did the idea for Round Here Radio come from?

DJ SWAGG: Honestly, two reasons, mostly because I got tired of hearing the local/independent artists in the city complain about not getting their music played on the air at the local radio stations and then there was the fact that I wasn't on the air myself, but I was doing just as many workweeks as some of the more prominent DJs here at that time. Killed two birds with one stone really, but never imagined it would get as big as it did.

UPW: Explain the format for the radio station and how our readers can check it out.

DJ SWAGG: Round Here Radio is a local/independent artist and DJ-led radio station that went live in 2015. We have a live show every Monday through Friday from 10 p.m. to 1 a.m. We are still releasing a lot of our programming, but new music is uploaded bi-weekly. Saturday and

Sunday mornings from 6 a.m. to 12 p.m. we scratch the music up and play Southern Soul music from independent artists as well. We have an app available for all mobile devices, either it's for Android or iPhone, simply visit your preferred app store and download it for free.

UPW: When did you start Bottom Line Studios and what kinds of services do you provide for Augusta entertainment?

DJ SWAGG: The idea of Bottom-Line Studios came about in 2010, but it didn't completely manifest until 2011. Working and then partnering with renowned producer Iggy Osborn, in 2012 proved to be within the best decisions we could have made. In 2015, we decided that the home-studio model didn't work for us any longer and expansion was needed, so we focused our efforts towards the latest studios we have here in downtown Augusta. Bottom-Line Studios is able to provide industry quality recording, mixing, mastering, music consulting and marketing services, commercial advertising services, podcast services, and internet radio services.

UPW: As one of the founders of Round of Brothers Augusta, explain the importance of the work that the group does for the community and credit to the members who have helped make it possible. The group recently celebrated its 10th anniversary. How do you see the group's efforts in bringing a Juneteenth celebration to the city of Augusta. The work we do in the community is no more important than the work

others like us do. We are just one of many non-government organizations (NGOs) in the city that truly care about the community and consistently do community service work for the benefit of the community.

As a nonprofit we rely heavily on community donations, local, state, and federal grants, and both small business and corporate sponsors. These funds help us to feed the less fortunate and provide home-cooked meals for the families at the Ronald McDonald House quarterly, help other NGOs with back-to-school, Halloween, Christmas, and other events throughout the year. As we are able to secure more funding we will further grow our membership programs and provide young entrepreneur scholarships for startup money for elaborate business development.

UPW: How important has the Greater Augusta Black Chamber of Commerce been for you?

DJ SWAGG: The Greater Augusta Black Chamber of Commerce (GABCC) has been one of the biggest reasons for the success of most of my ventures over the years. The city of Augusta does not give enough credit to Horio West, President of the GABCC and her efforts to ensure key resources and relationships are being formed on behalf of the Black community. As the Military & Veteran Affairs Director for the GABCC, I am working to ensure that veteran business owners in the area take advantage of all available training courses and certifications. These courses and certifications will allow our business owners to operate more efficiently and also open them to government grants and contracts.

UPW: The Juneteenth Celebrations have grown rapidly. Talk about the importance of that particular activity and any future activities that the group is planning.

DJ SWAGG: As the awareness of Juneteenth spread, the numbers of attendees grew significantly. We just wanted to provide a free event for the community to enjoy. Over the years, we have added pieces to the festival in an attempt to draw in more people from not only the city, but the surrounding areas as well. The Juneteenth Augusta Festival can become a staple tourism attraction for the city of Augusta with continuous support from the community and city leaders. More than anything, we want our community to recognize and celebrate Juneteenth, however they see fit!

UPW: You have noted in the past that James Brown and your grandfather, who sang with the Georgia Jubilee Choir, have been major influences in your life. How did they inspire you?

DJ SWAGG: They've been constant reminders to keep pushing forward no matter what is going on. What I got the most from the stories I was told of them together is that no one could or would stop them from doing what it was they said they wanted to do. Same city with the exact same circumstances, friends who ended up on two different paths, but they both kept the same mind set. I just want to meet and work with more like-minded individuals who want to see change and are willing to do the work necessary to for that change to take place.

QUARTER



KROC AUGUSTA
RJ'S 12TH BIRTHDAY CELEBRATION
 CELEBRATING 12 YEARS OF THE KROC CENTER IN AUGUSTA

12 DAYS OF GIVEAWAYS & DEALS STARTING JULY 31ST

BIRTHDAY BASH ON AUGUST 7TH

FREE DAY PASS, FOOD, & MORE

Illustration of a green cartoon alligator wearing a blue shirt and a small crown, holding a red balloon.



Illustration of a hand holding a pencil, surrounded by various school supplies like pens, pencils, and erasers.

GLORIA MANOR DECARHON FARM
 2700 WOODMAN COMPLEX

WE NEED SCHOOL SUPPLY DONATIONS

We are collecting and distributing school supplies for the 2023- 2024 school year

DONATION DROP OFF ON GLORIA MANOR DECARHON FARM (2009 BRADWELL RD BLYTHE) OR AUGUSTA HOUSING AUTHORITY (2435 WALTON WAY AUGUSTA, GA "RESIDENT SERVICES DEPARTMENT")

We need paper, pens, pencils, school bags, calculators, folders, binders, graphing paper, and any other items to aid in school success! Taking donations now through July 28, 2023.

If we need to put up, please contact the 800-432-6222

WALTON WAY AUGUSTA, GA
 WALTON WAY AUGUSTA, GA
 WALTON WAY AUGUSTA, GA

Longtime *Pittsburgh Courier* editor mentored many journalists, dies at 72

TIMOTHY COX

First published in the Post-Gazette

Uliah Ray Carter, a longtime managing editor for the New Pittsburgh Courier who impacted many Pittsburgh journalists, has died.

Mr. Carter, 72, died July 12 at his home on the North Side, according to his younger sister, Patricia Ann Carter-Lewis, of Woodstock, Ga.

Mr. Carter spent more than 50 years of his over 60-year career with the renowned Black newspaper, leading the sports, entertainment and metro news sections before he retired as managing editor in March 2017. He was replaced by Robert "Rob" Taylor, the Courier's current managing editor.

Born in Huntington, Tenn., on July 29, 1950, Mr. Carter spent his formative years in Champaign, Ill., where he played on the basketball team at Centennial High School and graduated in 1969.

At Southern Illinois University in Carbondale, he majored in journalism/radio-TV and minored in Black history.

In a 2011 interview with the Courier, Mr. Carter said he was fully committed from the beginning to working in Black journalism. After graduation, his job choices were narrowed down to the New Pittsburgh Courier, Baltimore/Washington Afro and the Chicago Defender.

He joined the Courier in 1975 as a sportswriter, though he really wanted to write hard news. In 1980, Mr. Carter collected his first Pulitzer Prize, Hall of Fame Award. His first assignment was a story on the Rev. Martin Luther King Jr. that earned him a spot on the Black All American List of premier football players from historically Black colleges and universities.

After six years in sports and entertainment at the Courier, Mr. Carter transitioned to the metro news desk and became managing editor. He served in that position from 1996 to 2004 and, after a four-year hiatus, from 2008 to 2017.

Retired Courier sportswriter Eddie Jefferson became sports editor when Mr. Carter was promoted to managing editor.

"Uliah had replaced Bill Nantz, and I followed Uliah. It was a special time at the Courier," Mr. Jefferson said.

"Uliah was very patient and taught me the intricacies of newspaper layout and design. I'll always treasure his friendship and our special working relationship. He was very committed to the Black press and just a soft-spoken individual," said Mr. Jefferson, 76.

Red Doss, editor and publisher of the New Pittsburgh Courier, called Mr. Carter "the embodiment of a classic Black newspaper man. He was committed to all facets of the publication and to Pittsburgh's Black community."

"Though I didn't know much about his personal life, I know he was easy to work with," Mr. Doss added.

Diane Powell Latche, owner of Atlanta-based Latche Communications, said Mr. Carter was her first editor when she joined the Courier after graduating from the University of Pittsburgh.

"During my time at the Courier, I considered Uliah not only a friend and colleague, but an invaluable mentor. He was a committed professional who revealed daily to me the true meaning of journalism. He was a consummate professional who was a very fine, a retired strategic communications/marketing manager at Kennesaw State University in Georgia, said Mr. Carter was instrumen-



Uliah Ray Carter, a longtime managing editor for the New Pittsburgh Courier who impacted many Pittsburgh journalists, has died.

tal in her media career. After graduating from Point Park University, she wrote for the Courier's new The Entertainer pull-out section, which was created by Mr. Carter.

"Uliah mentored so many of us to become successful journalists. He was truly a visionary, and undeniably instrumental in the Courier's longevity and its powerful legacy," said Mrs. Johnson.

Patricia Ann Carter-Lewis said he was a "loving big brother, a quiet giant."

"We all called him Uliah Ray," she said, smiling.

In addition to journalism, Mr. Carter was a community activist who worked with and volunteered for West End and North Side community groups.

Ms. Carter-Lewis said her brother suffered from blindness, Parkinson's disease and dementia.

"In the end, it was difficult for him, but he never lost his sense for helping those who were in need — the underdog," she added.

Mr. Carter, one of eight children, was predeceased in death by his father, Sam Brambley, and his mother, Willie Mae Carter Williams. He was once married and was the father of two sons, Joel Carter (deceased) and Derrick Carter. He had six grandchildren. He is also survived by a special friend, Vince Mayfield, also of Pittsburgh.

Mr. Carter had chosen cremation, but the family plans to celebrate his life in a special ceremony sometime next month, his sister said.

Timothy Cox (jmcenake29@gmail.com) is a freelance journalist, Point Park University graduate and former entertainment editor of the New Pittsburgh Courier.

EIGHTH

SIGN UP TODAY!

at the Lucy Craft Laney Museum of Black History

Long history, my future / August 12

The Most in the Bag, Augusta's

Black Caddies experience brings to life the rich history

and pivotal role Black Caddies played in assisting the world's top golfers in winning the most famous golf tournament in the world: The Masters. Hear first-hand the personal golf stories from one of Augusta's "living legends" Black Caddies.

Experiences are scheduled Saturday & Sunday on the following dates at 10:00am

Aug 17 & 18, 2023

September 16 & 17, 2023

Oct 14 & 15, 2023

October 21 & 22, 2023

Nov 12 & 13, 2023

November 11 & 12, 2023

Sept 17 & 18, 2023

October 16 & 17, 2023

The Most Augusta's Black Caddies Tour - \$25 per person

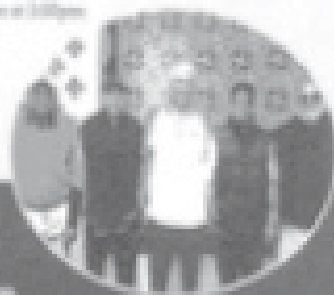


Call 706-734-3374

or visit our website - scan QR code - to book

your Augusta's Black Caddies Experience!

www.LucyCraftLaneyMuseum.com



Don't miss the MOST GOOD!

SCHOOL SUPPLIES DRIVE

As the only shelter in the COVE, First Focus on Keeping Families Together, we are gratefully accepting back-to-school supplies to help focus families prepare for the next school year ahead. Please take this time to add your generous donation to the list of ways up our donations in the month of July.

Our group is a 501(c)(3) nonprofit and we are a 501(c)(3) nonprofit. Donations are tax-deductible. For more information, please contact us at info@firstfocus.org.

Latrell's Easy Taco Casserole

Live your best life! That is my motto. My name is Maria L. Chester, I am a chef and owner of Desserets by Latrell and Southern Jazz and Events. My goal is to teach you about food, fitness, anything about the home, gardening, and healthy living.

As students are going back to school, I get lots of questions from parents about quick and easy dinner recipes. Casseroles can be made ahead and frozen for later use. Here is a easy taco casserole recipe that your family will enjoy!

LATRELL'S TACO CASSEROLE

SERVES 6

INGREDIENTS

1 lb ground turkey or crumbled meat substitute
1 package taco seasoning mix
1 can (16 ounces) black beans, drained and rinsed
1 can (15 ounces) tomato sauce
1 can (16 ounces) white kidney corn, drained substitution substitutions available
1 cup shredded cheddar cheese
1 cup freshly crushed tortilla chips

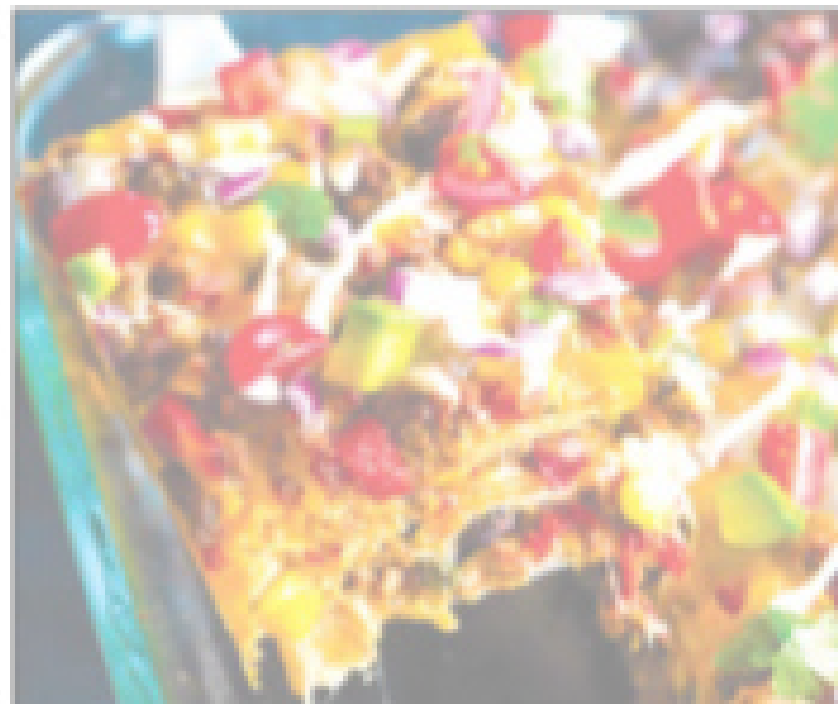
Optional toppings: sour cream, minced green onions, sliced fresh tomatoes, chopped cilantro

DIRECTIONS

Preheat oven to 400°F.

Brown meat in large skillet on medium-high heat and drain the liquid and/or fat. Stir in taco seasoning mix, beans, tomato sauce and corn. Reduce heat to low, let simmer for 5 minutes. Spoon into 2-quart baking dish.

Sprinkle with cheese and tortilla chips. Bake 5 to 10 minutes or until cheese is melted. Serve with sour cream, green onions, and fresh tomatoes (optional). Serve immediately. Enjoy!



If you have questions, would like to see other recipes, or

would like to learn about events by Latrell, please visit my website and send an email via the contact form.

Website: www.southernjazzandevents.com

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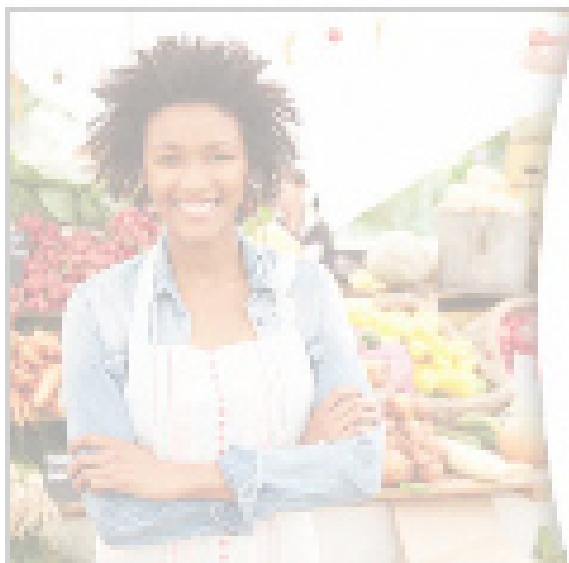
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