

# Crock Pot Mexican Cornbread Casserole

Yield: 6 min  
Total Time: 192 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-cornbread-crockpot-recipe>

## Ingredients:

- 1 pound ground beef
- 1 cup diced onion
- 2 large garlic cloves minced
- 16 ounces cream corn
- 1 cup milk
- 1/2 cup taco sauce
- 2 eggs beaten
- 1/4 cup vegetable oil
- 1 cup self rising cornmeal
- 1 teaspoon salt
- 4 ounces diced green chilies
- 3 cups cheddar cheese or shredded Mexican blend

## Nutrition:

1. Calories: 690 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 185 milligrams
4. Fat: 42 grams
5. Fiber: 3 grams
6. Protein: 36 grams
7. SaturatedFat: 18 grams
8. Sodium: 1620 milligrams
9. Sugar: 8 grams
10. TransFat: 1 grams

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