

Stuffed Mexican Cornbread

Yield: 8 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/sausage-with-egg-mexican-recipe>

Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 medium yellow onion finely diced
- 1/2 pound ground beef
- 1/3 pound mexican chorizo Easy Homemade, read post for why homemade is recommended
- 14 1/2 ounces petite diced tomatoes
- 2 chipotles en adobo
- 2 teaspoons adobo sauce
- 1 teaspoon ground cumin
- 1/8 teaspoon ground cinnamon
- 2 tablespoons chili powder
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 1/2 teaspoons salt
- 1/2 can corn drained
- 1/2 can black beans drained
- 3 tablespoons chopped fresh parsley or cilantro
- 1 1/2 cups grated cheddar cheese
- 1 1/2 cups cornmeal
- 2 1/2 cups milk
- 2 cups all purpose unbleached flour
- 1/3 cup sugar
- 1 teaspoon salt
- 1 tablespoon baking powder
- 1/2 cup oil I use coconut oil, melted before adding
- 2 large eggs

Nutrition:

1. Calories: 760 calories
2. Carbohydrate: 68 grams
3. Cholesterol: 120 milligrams
4. Fat: 41 grams
5. Fiber: 7 grams
6. Protein: 29 grams
7. SaturatedFat: 12 grams
8. Sodium: 1770 milligrams
9. Sugar: 17 grams

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