

Chili Cornbread Casserole

Yield: 8 min
Total Time: 55 min

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

Ingredients:

- 1 1/2 pounds ground beef
- 1 medium onion chopped
- 2 1/2 teaspoons chili powder
- 1 teaspoon cumin
- salt
- pepper
- 2 cloves garlic minced
- 28 ounces crushed tomatoes
- 1 1/2 cups frozen corn
- 15 ounces black beans rinsed and drained
- 1 cup cornmeal
- 1 cup all purpose flour
- 1 teaspoon salt
- 1 tablespoon sugar
- 2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1 cup milk
- 2 eggs
- 6 tablespoons butter melted and cooled
- jalapeños optional
- sour cream optional

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 51 grams
3. Cholesterol: 140 milligrams
4. Fat: 25 grams
5. Fiber: 9 grams
6. Protein: 29 grams

7. SaturatedFat: 12 grams
 8. Sodium: 1070 milligrams
 9. Sugar: 6 grams
 10. TransFat: 1 grams
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