

Mexican Polenta Casserole

Yield: 10 min
Total Time: 390 min

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

Ingredients:

- 2 pounds pork butt or pork shoulder, a large boneless cut
- 1 pound beans dry pinto, rinsed
- 12 ounces light beer + 12 oz. water
- 14 ounces diced tomatoes
- 16 ounces salsa
- 2 tablespoons chili powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon crushed red pepper flakes
- 1/2 teaspoon dried oregano
- 1 teaspoon paprika
- 1 1/2 teaspoons ground cumin
- 1 teaspoon black pepper
- 1 teaspoon salt
- 6 cloves garlic minced
- 1 1/2 cups polenta
- 6 cups water
- 2 cups frozen corn
- 1 cup shredded cheddar cheese
- salt
- pepper to taste
- 1 cup shredded cheese for topping
- cilantro
- sour cream
- salsa for topping

Nutrition:

1. Calories: 340 calories

2. Carbohydrate: 18 grams
 3. Cholesterol: 80 milligrams
 4. Fat: 19 grams
 5. Fiber: 4 grams
 6. Protein: 25 grams
 7. SaturatedFat: 9 grams
 8. Sodium: 970 milligrams
 9. Sugar: 5 grams
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