

Favorite Mexican Casserole Freezer Meal

Yield: 8 min
Total Time: 75 min

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

Ingredients:

- 1 cup cornmeal quality
- 3 cups water
- 2 tablespoons butter
- 1 teaspoon salt
- 1 tablespoon sugar
- cracked black pepper
- 2 cans pinto beans drained
- 1 can black beans drained
- 1 cup frozen corn
- 16 ounces salsa favorite
- 15 ounces diced tomatoes drained
- 1/2 cup cilantro chopped
- 1/3 cup red onion chopped
- 2 garlic cloves minced
- 2 tablespoons fresh lime juice
- 2 teaspoons cumin
- 1 teaspoon oregano
- 1/2 teaspoon salt
- 2 cups jack cheese Monterrey, shredded

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 35 milligrams
4. Fat: 12 grams
5. Fiber: 7 grams
6. Protein: 16 grams

7. SaturatedFat: 7 grams
 8. Sodium: 1220 milligrams
 9. Sugar: 6 grams
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