

# CrockPot Barbecued Chicken and Cornbread Casserole

Yield: 4 min  
Total Time: 40 min

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

## Ingredients:

- 1 sweet potato small, peeled and cut in 1-inch chunks, optional.
- 1 red onion diced, optional. I didn't use this, although I intended to, and am kind of kicking myself for the accidental omission.
- 1 cup fresh corn or frozen
- 1 bottle barbecue sauce your favorite, 18 oz
- 1/4 cup hot water
- 3/4 cup corn meal
- 1 1/4 cups flour I used a Bob Red's Mill GF mix--we were out of Pamela's
- 1 cup milk
- 1/4 cup sugar
- 1 egg
- 1 teaspoon baking powder only if using regular all-purpose flour

## Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 121 grams
3. Cholesterol: 60 milligrams
4. Fat: 4.5 grams
5. Fiber: 7 grams
6. Protein: 13 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 1480 milligrams
9. Sugar: 50 grams

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