

Chicken and Smothered Okra Casserole

Yield: 8 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-creamed-corn-with-velveeta-cheese-recipe>

Ingredients:

- 1 1/2 pounds chicken tenderloins \$2.82
- 2 1/2 teaspoons Cajun seasoning \$.10
- 1 teaspoon garlic powder \$.02
- 1/2 teaspoon salt and pepper, each
- 8 1/2 ounces mixed vegetables bag of Gumbo, including okra and red peppers, \$1
- 8 1/2 ounces diced tomatoes cans of, drained, \$1.30
- 1 teaspoon garlic powder \$.02
- 1 teaspoon salt and pepper, each
- 1 cup shredded sharp cheddar cheese
- 2 ounces velveeta cheese
- 1 loaf french bread sliced, \$.99
- butter \$.10

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 85 milligrams
4. Fat: 13 grams
5. Fiber: 3 grams
6. Protein: 30 grams
7. SaturatedFat: 7 grams
8. Sodium: 1090 milligrams
9. Sugar: 3 grams

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