

Mexican Cornbread Casserole

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-chipotle-mexican-corn-recipe-for-freezing>

Ingredients:

- 1 pound ground beef – I like to get sirloin ground beef
- 1 sweet onion medium, – chopped
- 3/4 cup chunky salsa
- 1 package taco seasoning mix
- 3/4 cup water
- 1 can sweet corn drained
- 1 can sliced olives – drained
- 1 cup yellow corn meal
- 1 cup flour
- 1/4 cup sugar
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1/4 cup oil
- 1 cup milk
- 1 egg
- 1 cup shredded cheese shredded Mexican Style
- 1 diced green chiles 4 Oz. can of, drained

Nutrition:

1. Calories: 1020 calories
2. Carbohydrate: 92 grams
3. Cholesterol: 165 milligrams
4. Fat: 55 grams
5. Fiber: 9 grams
6. Protein: 42 grams
7. SaturatedFat: 16 grams
8. Sodium: 3030 milligrams
9. Sugar: 24 grams
10. TransFat: 1 grams

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