



Mexican corn casserole

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1 can corn kernels, drained
- 1 can creamed corn
- 1 8oz package jimmy corn muffin mix
- 1 C light sour cream
- 1 can black beans, drained and rinsed
- 1 pound lean ground beef, cooked and drained (optional)
- 1 chipotle, diced (or a jalapeno)
- 2 eggs
- 1 C shredded cheddar cheese
- 1/2 C salsa
- 2 t ground cumin
- 1 medium onion, diced
- 1 green bell pepper, diced
- 1 t oregano
- 1 t salt, pepper

Instructions

I was craving a proper lowan corn casserole, as well as something with a mexican flavor, so I came up with this. This is good comfort food, and using lean ground beef and light sour cream keeps it moderately healthy while keeping down fat.

I kept searching for a Mexican corn casserole, but couldn't find anything to my liking. I ended up just taking a basic corn casserole recipe, modifying it, and adding a bunch of Mexican flavors, along with some eggs to tighten it all up. This is a good meal on it's own, or a very satisfying side for a dinner. Easily made vegetarian by omitting the beef.

Mix all of the ingredients listed, place in a buttered/oiled 13x9" pan, and bake at 350F for about 50 minutes, or until when you jiggle the pan, the center barely jiggles.

I recommend topping with a bunch of crushed, baked nacho cheese doritos before baking. Very midwestern.