

---

# Enchilada Casserole III (Slow Cooker)

*The Essential Southern Living Cookbook*

Servings: 6

Preparation Time: 20 minutes

Start to Finish Time: 5 hours 20 minutes

**3 tablespoons diced green chilies, divided**

**1/2 cup salsa**

**1/4 cup chopped scallions**

**1/4 cup chopped fresh cilantro**

**1 can (15 ounce) black beans, rinsed and drained**

**1 can (11 ounce) corn with red and green peppers, drained**

**1 can (10 ounce) enchilada sauce**

**1/2 cup egg substitute or two large eggs**

**1 package (8-1/2 ounce) corn muffin mix**

**2 tablespoons bottled roasted red bell peppers, chopped**

**6 ounces (1-1/2 cups) reduced-fat Mexican-blend or cheddar cheese, shredded**

**6 tablespoons low-fat sour cream**

**1 1/2 teaspoons thinly sliced fresh cilantro**

In a 3-1/2-quart slow cooker, place two tablespoons of the green chilies, salsa, scallions, cilantro, black beans, corn and enchilada sauce. Stir well. Cover with the lid. Cook on LOW heat for four hours.

In a bowl, combine the remaining green chilies, egg substitute, muffin mix and roasted bell peppers. Spoon the batter evenly over the bean mixture in the slow cooker. Cover and cook for one hour or until the corn bread is done.

Sprinkle cheese over the corn bread. Cover and cook for 5 minutes until the cheese melts. Top each serving with sour cream. Sprinkle with cilantro.

**Mexican, Vegetarian**

---

*Per Serving (excluding unknown items): 289 Calories; 8g Fat (24.1% calories from fat); 11g Protein; 46g Carbohydrate; 7g Dietary Fiber; 15mg Cholesterol; 497mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat; 1 Other Carbohydrates.*