

Cornbread-Chili Casserole

Publix Aprons

Servings: 8

Start to Finish Time: 1 hour 10 minutes

Omit the eggs for a denser, cake-like cornbread.

1/2 cup salted butter, melted

1 box (8.5 ounce) corn muffin mix

1 tablespoon sugar (optional)

1 can (15.25 ounce) white shoepeg whole kernel sweet corn (like Del Monte), drained

1 can (14.75 ounce) cream style sweet corn

2 eggs (or 1/2 cup egg substitute)

1 cup sour cream

3 cups chili

Preheat the oven to 375 degrees.

In a bowl, combine the muffin mix, whole corn, cream corn, sugar (if using) and sour cream. Stir in the butter and eggs.

Spread the chili evenly in the bottom of a deep nine-inch square baking dish. Spoon the corn mixture evenly over the chili.

Bake for 50 to 60 minutes or until the center is set.

Serve.

Per Serving (excluding unknown items): 228 Calories; 13g Fat (49.5% calories from fat); 7g Protein; 22g Carbohydrate; 5g Dietary Fiber; 29mg Cholesterol; 671mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 2 1/2 Fat; 1/2 Other Carbohydrates.