
Jalapeno Corn Bread Casserole

Home Cookin - Junior League of Wichita Falls, TX - 1976

Servings: 6

1 cup yellow meal
1 cup milk
2 eggs, beaten
3/4 teaspoon salt
1/2 teaspoon baking soda
1/2 cup oil or bacon drippings
1 can (17 ounce) cream style corn
1 pound yellow cheese, grated
3 to 4 chopped jalapeno peppers (green chilies may also be used)
1 onion, chopped
1 1/2 pounds ground chuck

In a bowl, combine the meal, milk, eggs, salt, baking soda, oil and corn. Mix well. Add the cheese, peppers and onion to the mixture.

In a skillet, brown the meat. Drain on paper towels.

Pour half the batter into a greased skillet (iron skillet, if possible) dusted with meal. Add the meat and top with the remaining batter.

Bake at 350 degrees for about 50 minutes.

Serve immediately after cooking.

Breads, Muffins, Mexican

Per Serving (excluding unknown items): 370 Calories; 27g Fat (66.3% calories from fat); 24g Protein; 6g Carbohydrate; 2g Dietary Fiber; 161mg Cholesterol; 494mg Sodium. Exchanges: 3 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat.