
Vegetable Cheese Souffle`

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

Servings: 12

1 1/2 cups grated sharp Cheddar cheese
2 cans (4 ounce ea) chopped green chilies
2 cans (16 ounce ea) whole green beans, drained
2 cans (16 ounce ea) whole kernel corn, drained
salt
pepper
1/2 pound Monterey Jack cheese slices
3 eggs
3/4 cup sour cream

Grease a two-quart casserole well. Sprinkle the casserole dish with some Cheddar cheese and chopped chilies. Place the green beans and corn on top. Add salt and pepper to taste.

Repeat the layers, ending with Cheddar cheese. Cover the Cheddar layer with Monterey Jack cheese.

Just before placing into the oven, beat the eggs and sour cream in a bowl. Pour the egg mixture over the vegetable mixture.

Bake at 350 degrees for one hour.

Breakfast

Per Serving (excluding unknown items): 120 Calories; 10g Fat (75.0% calories from fat); 7g Protein; 1g Carbohydrate; 0g Dietary Fiber; 76mg Cholesterol; 127mg Sodium. Exchanges: 1 Lean Meat; 0 Non-Fat Milk; 1 1/2 Fat.