

# Slow Cooker Mexican Casserole

*www.BobEvans.com*

## Servings: 6

*1 pound Bob Evans Zesty Hot Sausage Roll*  
*3/4 cup cornmeal*  
*1 1/2 cups milk*  
*1 egg*  
*1 can (14.5 ounce) diced tomatoes and green chilies*  
*1 cup frozen corn*  
*1 package (1.25 ounce) taco seasoning mix*  
*1 cup Mexican blend cheese, shredded*

## Preparation Time: 10 minutes

### Cook Time: 4 hours

Spray the interior of the slow cooker with non-stick vegetable spray.

In a medium skillet over medium heat, crumble and cook the sausage until brown. Place the sausage in the slow cooker.

In a small bowl, combine the cornmeal, milk and egg. Stir into the sausage. Add the tomatoes, corn and seasoning mix. Stir well.

Cover and cook on LOW for four to six hours.

Top with cheese 5 minutes before serving.  
Replace the cover to melt the cheese.

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Per Serving (excluding unknown items): 154 Calories; 3g Fat (19.5% calories from fat); 6g Protein; 25g Carbohydrate; 2g Dietary Fiber; 44mg Cholesterol; 431mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.

Pork

## Per Serving Nutritional Analysis

Calories (kcal):	154	Vitamin B6 (mg):	.1mg
% Calories from Fat:	19.5%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	65.6%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	14.9%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	3g	Folacin (mcg):	25mcg
Saturated Fat (g):	2g	Niacin (mg):	1mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0

<b>Cholesterol (mg):</b>	44mg
<b>Carbohydrate (g):</b>	25g
<b>Dietary Fiber (g):</b>	2g
<b>Protein (g):</b>	6g
<b>Sodium (mg):</b>	431mg
<b>Potassium (mg):</b>	189mg
<b>Calcium (mg):</b>	79mg
<b>Iron (mg):</b>	1mg
<b>Zinc (mg):</b>	1mg
<b>Vitamin C (mg):</b>	2mg
<b>Vitamin A (i.u.):</b>	899IU
<b>Vitamin A (r.e.):</b>	113RE

% Daily Values      0 0%

## Food Exchanges

<b>Grain (Starch):</b>	1
<b>Lean Meat:</b>	0
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	1/2
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 154      **Calories from Fat:** 30

### % Daily Values\*

<b>Total Fat</b> 3g	5%
Saturated Fat 2g	8%
<b>Cholesterol</b> 44mg	15%
<b>Sodium</b> 431mg	18%
<b>Total Carbohydrates</b> 25g	8%
Dietary Fiber 2g	9%
<b>Protein</b> 6g	
<b>Vitamin A</b>	18%
<b>Vitamin C</b>	4%
<b>Calcium</b>	8%
<b>Iron</b>	6%

\* Percent Daily Values are based on a 2000 calorie diet.