



Pat Jarecke's
*Jiffy Scalloped
Crock Pot Corn*

1 can regular corn with liquid
1 can creamed corn
1 stick of butter melted
1 box jiffy cornmeal mix
1 egg
18 ounce sour cream

I usually add a bit of chopped green pepper, Approximately 1/8 cup, just a bit so the Green Pepper is not overwhelming.

I cook on high for 4 hours, and mix every once in a while scraping the sides of the crock pot. It just smells wonderful.

Submitted by: Marilyn Stypa

Makes 8 Servings

Nutrition Facts

Pat Jarecke □s

Scalloped Corn

Serving Size: 1 serving

Amount Per Serving

Calories 356

Total Fat 24.6g

Saturated Fat 13.5g

Trans Fat 0g

Cholesterol 141mg

Sodium 551mg

Carbohydrate 25.8g

Dietary Fiber 2.3g

Sugars 8.8g

Protein 6.6g

Vitamin A 13% Vitamin C 7%

Calcium 9% Iron 6%