

# Jalapeño Cornbread

## PREP TIME:

10minutes

## COOKING TIME:

LOW: 4hours  
or  
HIGH: 2 hours

## SERVES:

8



## INGREDIENTS:

1 cup / 5 1/2 oz yellow cornmeal  
1 cup / 4 1/2 oz all-purpose flour  
2 tbsp sugar  
4 tsp baking powder  
1/2 tsp salt  
1 Southwest Fiesta blend  
1 cup / 8 fl oz milk  
1 egg  
1/4 cup / 2 fl oz vegetable oil  
1 cup frozen corn  
1 jalapeño, de-seeded & minced

## PREPARE:

in a large bowl combine the cornmeal, flour, sugar, baking powder, salt and Southwest Fiesta blend

stir the milk, egg and vegetable oil into the flour mixture to form a thick batter

stir in the corn and jalapeño

spray the slow cooker insert with non-stick spray and spoon the cornbread mixture into the insert

cover and cook on HIGH for 2 hours or LOW for 4 hours

### *optional Jalapeño Cream*

1/2 cup heavy cream  
1/4 cup sour cream  
1 jalapeño, seeded & minced  
2 tbsp cilantro  
1/2 tsp lime juice  
generous pinch salt