



## Cornbread-Topped Chili Pot Pies



1/6th of recipe (1 pot pie): 168 calories, 3g total fat (1g sat fat), 410mg sodium, 30.5g carbs, 4.5g fiber, 9.5g sugars, 5.5g protein

**Green Plan [SmartPoints](#)® value 4\***

**Prep:** 20 minutes    **Cook:** 30 minutes



Tagged: [Lunch & Dinner Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

### Ingredients

#### Chili

1 cup chopped portabella mushrooms  
1/2 cup chopped onion  
1/2 cup chopped bell pepper  
1/4 cup seeded and chopped jalapeño pepper  
1 cup seeded and chopped tomato  
2 cups canned crushed tomatoes  
1/2 cup frozen sweet corn kernels  
1/2 cup canned black beans, drained and rinsed  
2 tsp. chopped garlic  
2 tsp. chili powder  
1/2 tsp. ground cumin

#### Topping

Half of an 8.5-oz. package (about 3/4 cup) cornbread/corn muffin mix (like the kind by Jiffy)  
1/4 cup fat-free plain Greek yogurt

### Directions

Preheat oven to 375 degrees. Spray six 8-oz. ramekins (each about 3 1/2" in diameter) with nonstick spray, and place on a large baking sheet.

Bring a medium pot sprayed with nonstick spray to medium-high heat. Add mushrooms, onion, bell pepper, and jalapeños. Cook and stir for 4 minutes. Add chopped tomato. Cook and stir until mostly softened, 2 - 4 minutes.

Add remaining chili ingredients to the pot. Cook and stir until well mixed and bubbly, about 1 minute.

Distribute chili among the ramekins.

In a medium bowl, combine topping ingredients with 1 1/2 tbsp. water. Stir until uniform. (Batter will be thick.)

Evenly dollop cornbread batter into mounds on top of the chili, and flatten with the back a spoon.

Bake until cornbread is firm and lightly browned and filling is hot, 18 - 20 minutes.

**MAKES 6 SERVINGS**

**HG Tip:** Like your chili extra spicy? Leave in the seeds when you chop up your jalapeños.

**SmartPoints**® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.

