



## 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

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



More: [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.

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