



CHILI CORNBREAD CASSEROLE

From *Krista's Recipe Corner*

This little easy recipe is sure to please the entire family but is also great for a larger group. And of course, when we wish for a little bit of something sweet, this wholesome dessert recipe is low in sugar and fat but high in flavor!

Chili Layer:

4 cups pinto beans, cooked or 4 (15 oz.) cans
kidney or chili beans
2 medium onions, minced fine
1 medium tomato
1 red pepper, cut into fine strips
1 jalapeno pepper, minced
1 1/2 cups frozen corn, thawed
4 cloves garlic, minced fine
2 tsp. cumin and 2 tsp. oregano
1 Tbl. red wine vinegar or mirin

Cornbread Layer:

2 cups cornmeal
1 1/2 cups whole wheat flour
1 Tbl. aluminum-free baking powder
2 tsp. sea salt
2 cups soymilk original flavor
4 Tbl. safflower or corn oil
1 Tbl. maple syrup, optional

Preheat oven to 375. In a large casserole dish, layer the beans, onion, tomato, peppers, corn and all of the seasonings. In a bowl, combine all of the dry cornbread ingredients. In a liquid measuring cup, stir together the soymilk, oil and maple syrup. Pour the liquid into the dry ingredients and stir just until blended. Pour the batter over the bean mixture. Bake until a cake tester inserted into the cornbread comes out dry, about 20-25 minutes.

SERVES 8