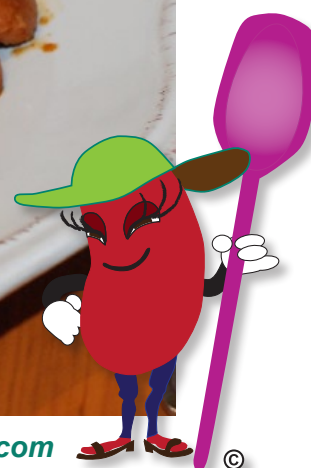


Beans, Rice And Everything Nice

Quick Cornbread Casserole



original recipe by beansriceeverythingnice.weebly.com



Ingredients

makes 4 servings

BEANS:

2 cups cooked or 1 can beans,
drained and rinsed
1 cup diced zucchini
1 cup diced red bell pepper
1 small potato, diced
1 Tablespoon dried oregano
1 teaspoon ground cumin
1 teaspoon ground coriander
1 teaspoon ground Ancho chili powder
1 teaspoon smoked paprika
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
juice of 1 lime
1 cup frozen corn

CORNBREAD:

1/2 cup non-dairy milk
(I used unsweetened soy)
1/2 cup water
2 teaspoons rice vinegar
1 Tablespoon ground flax seed
3 Tablespoons apple sauce, room
temperature, or hot water
1/2 cup cornmeal
1/4 cup masa harina or other gluten-free flour
1 teaspoon baking powder
pinch of salt (optional)

1. Preheat the oven to 205C / 400F. Prepare a 20cm x 20cm (8 inch x 8 inch) square glass or ceramic baking pan by lining with parchment paper, if desired.
2. Mix the non-dairy milk, water, and rice vinegar together, set aside. Combine the ground flax seed and apple sauce, set aside.
3. In a large mixing bowl, combine the beans, zucchini, red bell pepper, and potato. Add the seasonings and lime juice. Mix well, ensuring everything is evenly coated. Spread the mixture evenly over the bottom of the baking dish. Spread an even layer of frozen corn over the top of the bean and vegetable mixture in the baking dish. Set aside while you prepare the cornbread batter.
4. In a large mixing bowl, whisk together the cornmeal, masa harina (or other flour), and baking powder. In a small bowl, combine the sour non-dairy milk with the flax and applesauce mixture. Add the liquid ingredients to the dry ingredients, and mix well.
5. Spread the cornbread batter evenly over the top of the corn layer. Bake in the preheated oven for 30-40 minutes. When ready, the top will be lightly browned and springy to the touch. Let sit for 10-15 minutes before serving.
6. Serve with a big salad or lightly steamed greens. This is delicious topped with salsa, **Smoky Roasted Red Pepper Sauce** or **Roasted Poblano Pepper Sauce**.