

Bean and cornbread Casserole

1 onion, chopped
1 green bell pepper, chopped
2 cloves garlic, minced
1 can (16 ounces) red kidney beans, undrained
1 can (16 ounces) pinto beans, undrained
1 can (16 ounces) diced tomatoes mexican style,
1 can (8 ounces) tomato sauce
1 teaspoon chili powder
1/2 teaspoon black pepper
1/2 teaspoon prepared mustard



corn meal topping
1 cup yellow cornmeal
1 cup all-purpose GF flour mix
2 1/2 teaspoons baking powder
1 tablespoon sugar
1/4 teaspoon salt
1 1/4 cups rice or soy milk
1 cup cream-style corn
1 egg
3 tablespoons vegetable oil

Lightly grease crock pot. In skillet over medium heat, cook onion, bell pepper and garlic until tender

Put in to crock pot Stir in kidney beans and pinto beans. Add diced tomatoes with juice, tomato sauce chili powder, black pepper, mustard. Cover cook on High for 1 hour.

In mixing bowl, combine cornmeal, flour, baking powde, sugar and salt. Stir in milk, corn, egg and corn. Spoon evenly over bean mixture. Cover and cook on High 1 1/2 to 2 more hours.

<http://www.lincolntent.com/GFCF-Meatless.html>