

A recipe from: Crock-tober Fest—A Slow Cooker Feast

Bean & Cornbread Casserole

Serves: 6-8

Ingredients:

1/2 medium onion, chopped
1 medium green bell pepper, chopped
1 stalk celery, chopped
2 cloves garlic, minced or 1/4 tsp. garlic powder
1 can (16 oz) red kidney beans, undrained
1 can (16 oz) pinto beans, undrained
1 can (16 oz) no-salt-added diced tomatoes, undrained
1 can (8 oz) no-salt-added tomato sauce
1 tsp chili powder
1/2 tsp black pepper
1/2 tsp prepared mustard

1/8 tsp hot sauce
1 cup yellow cornmeal
1 cup all-purpose flour
2 1/2 tsp baking powder
1 Tbsp sugar
1/2 tsp salt
1 1/4 cups milk
2 eggs
3 Tbsp vegetable oil
1 can (8 1/2 oz) no-salt-added cream-style corn

Directions:

Lightly grease slow cooker. In skillet over medium heat, cook onion, green pepper, celery and garlic until tender. Transfer to slow cooker. Stir in kidney beans and pinto beans. Add diced tomatoes and juice, tomato sauce, seasonings, and hot sauce. Cover and cook on high one hour.

In mixing bowl, combine cornmeal, flour, baking powder, sugar and salt. Stir in milk, eggs, vegetable oil, and cream-style corn. Spoon evenly over bean mixture, may have leftover cornbread depending on size of slow cooker being used (if there is remaining cornbread, spoon into greased muffin tins and bake at 375° for 30 minutes or until golden brown). Cover and cook on high 1 1/2 to 2 more hours. Serve.



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