

Side Dish

Mexicali Bean Bake

Better Homes and Gardens All-Time Favorite Casseroles

Servings: 10

1/2 cup onion, chopped
1 clove garlic, minced
6 tablespoons cooking oil
1 tablespoon all-purpose flour
2 cans (15 1/2 oz) red kidney beans, drained
1 can (16 oz) tomatoes, cut-up
1 can (4 oz) mild green chili peppers, drained, seeded and chopped
4 dashes hot pepper sauce
2/3 cup yellow cornmeal
3/4 teaspoon salt
1/4 teaspoon baking soda
1/2 cup milk
1 egg, beaten
1 can (12 oz) whole kernel corn with sweet peppers, drained
1 cup American cheese, shredded

Preheat oven to 350 degrees.

In a large saucepan, cook onion and garlic in two tablespoons of the oil until onion is tender but not brown; blend in flour. Stir in beans, undrained tomatoes, chili peppers and hot pepper sauce. Cook and stir until slightly thickened and bubbly. Remove from heat and set aside.

In a bowl, mix cornmeal, salt and baking soda. Combine milk, egg and remaining four tablespoons of oil. Add to the dry ingredients along with corn; mix well. (Mixture will be thin.)

Pour about 2/3 of cornmeal mixture into a greased 2-quart casserole. Sprinkle with cheese; spoon bean mixture over all. Spoon remaining cornmeal mixture around edge of casserole.

Bake, uncovered, until cornbread topper is done, about 35 minutes.

Per Serving (excluding unknown items): 296 Calories; 13g Fat (39.6% calories from fat); 13g Protein; 32g Carbohydrate; 7g Dietary Fiber; 34mg Cholesterol; 378mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates.