



Makes 6 cups
Preparation Time: 30 minutes
Cook Time: 40 minutes

INGREDIENTS:

2 cups coarsely chopped Swiss chard
½ cup chopped onion
½ cup chopped celery
½ cup chopped carrot
3 cloves garlic, minced
2 15-oz. cans no-salt-added cannellini (white kidney) beans, rinsed and drained
1 15-oz. can no-salt-added tomato sauce
¼ cup low-sugar barbecue sauce
4 teaspoons apple cider vinegar
½ cup yellow cornmeal
3 tablespoons all-purpose flour
1 tablespoon pure cane sugar
2 teaspoons baking powder
⅛ teaspoon sea salt
⅓ cup unsweetened plant milk, such as almond, soy, cashew, or rice
¼ cup unsweetened applesauce

Barbecue Bean and Cornbread Bake

With a cornbread crust made with whole grain cornmeal, this surprisingly easy vegan bean casserole is comfort food at its most nourishing. Serve it with a crunchy slaw whenever you're in the mood for a little barbecue flavor.

Shopping tip: When choosing cornmeal, look for the words "whole grain" on the package. Avoid "degermed" or "degerminated" cornmeal because once the germ has been removed, it's no longer a whole grain.

By Carla Christian, RD, LD

- 1** Preheat oven to 400°F. In a large nonstick skillet cook the first five ingredients (through garlic) over medium 5 to 7 minutes or until vegetables are tender, stirring occasionally and adding water, 1 to 2 Tbsp. at a time, as needed to prevent sticking.
- 2** In a 2-qt. baking dish combine cooked vegetables, beans, tomato sauce, barbecue sauce, and 3 tsp. of the vinegar. Bake, covered, 30 minutes.
- 3** Meanwhile, for topping, in a small bowl stir together cornmeal, flour, sugar, baking powder, and salt. In another small bowl combine milk, applesauce, and the remaining 1 tsp. vinegar. Add milk mixture all at once to cornmeal mixture; stir just until combined. Spoon batter into four mounds on top of hot bean mixture.
- 4** Bake 20 minutes more or until filling is bubbly and a toothpick inserted in topping comes out clean. Let stand at least 10 minutes before serving. Sprinkle with green onions.