

Black Soybean-Stuffed Cornbread

Filling

- Extra virgin olive oil
- 1-2 cloves fresh garlic, thinly sliced
- 2 yellow onions, diced
- Sea salt
- Generous pinch red pepper flakes
- 2 1/2 cups cooked black soybeans
- 1 small can diced tomatoes, drained

Cornbread

- 2 cups whole-wheat pastry flour
- 1 cup yellow cornmeal
- 2 1/2 teaspoons baking powder
- Generous pinch sea salt
- 1/3 cup extra virgin olive oil
- 1/2-1 cup plain soymilk
- 2 tablespoons finely minced chives

Preheat oven to 350 degrees and lightly oil and flour a deep-dish pie plate. For the filling, place a small amount of oil in a skillet with garlic and onions.

Turn the heat to medium and when the onions begin to sizzle, add a pinch of salt and sauté for 1-2 minutes.

Add pepper flakes and beans, stirring to combine ingredients. Add diced tomatoes and bring to a low boil.

Reduce heat to low and cook 20-30 minutes, uncovered, stirring frequently. The mixture will naturally thicken slightly.

For the cornbread, combine flour, cornmeal, baking powder, and salt in a mixing bowl and whisk briskly.

Add olive oil and mix well. Slowly stir in soymilk until you achieve a thick, spoonable batter. Finally, fold in chives.

Spoon half the batter into the prepared pie plate. Top with soybean mixture, covering the cornbread completely.

Spoon remaining batter over the beans, again, covering completely. Bake until the center of the cornbread springs back to the touch, 35-40 minutes. Remove from oven and allow to cool for at least 15 minutes before slicing into wedges.