

Cornbread

Recipe by Trudy Jacobs

1 Cup White Corn Meal

1 Cup Masa Harina

1 Cup Oats

1 Can Red Kidney Beans

1 Tsp Salt

Add water to bring everything together

NOTE: too much water and the bread will fall apart

IMPORTANT: Water should be boiling hot when added to dry ingredients. Beans are added after bread has come together

Form bread & place gently in pot of boiling water. When the bread floats to the top, it is cooked.