

Cornbread

2 cups	cornmeal
4 tbsp	oatmeal (optional)
4 tbsp	canned kidney beans, drained
4-6 cups	boiling water
	pinch of salt & pepper

- Put a large pot of water on to boil.
- In a large bowl, mix cornmeal and oatmeal. Drain kidney beans, add to mixture. Add salt & pepper, mix well.
- With a spoon, make a hole in the middle of the mixture, slowly, pour 2 cups of boiling water into the hole. Add more water while mixing until the dough sticks together. If the dough is too sticky, add a little more cornmeal. If the dough is too dry, add a little more water.
- Dip hands into cold water and form dough into small breads. Put cornbread into boiling water, it is ready when it rises to the top.
- Makes 4 servings.