

## Marilyn's Hearty Veggie Chile and Wholegrain Corn Bread

1 large zucchini, diced  
1 butternut squash, peeled & cubed  
1/2 cup diced red pepper  
1 ear of corn, cut off the cob (or 1 cup organic corn kernels)  
1 onion, cut into rings  
2 cans organic diced tomatoes (I use my own frozen organic tomatoes from our garden.)  
1 can organic tomato paste  
1/2 cup distilled water  
1/2 teaspoon Frontier Garlic Powder  
1 tablespoon Frontier Chili Powder  
1 teaspoon Frontier Cumin  
1/2 teaspoon Celtic or Eden Sea Salt  
1 can organic black beans, drained

Bring everything except the beans to a boil. Reduce heat and cook on low heat for 1 hour. Add beans during the last 15 minutes.  
OPTION: Cook in your crock pot all day.

Every time I have a pot of chili cooking, Doug always asks, "Are we having cornbread with that?" When we changed the way we ate 10 years ago, I knew I was going to have to come up with a healthier version of cornbread. After many attempts, I think I finally have arrived at a good-tasting, healthier cornbread - Doug is very happy!

### CORNBREAD:

1-1/2 cups Hodgson Mill Stone Ground Yellow Corn Meal (This year we grew our own corn. I have several quarts of organic corn kernels which I grind in my [NutriMill Grain Mill](#) for wonderful fresh, organic cornmeal.)  
1/2 cup whole wheat flour (I grind organic red winter wheat berries in my [NutriMill Grain Mill](#) and store the flour in my freezer.)  
1 tablespoon Rumford Baking Powder (no aluminum)  
1 teaspoon Celtic or Eden Sea Salt  
1 teaspoon baking soda  
1-1/2 tablespoons B-Flax-D or 1 tablespoon fresh-ground flaxseed  
1-1/2 cup almond milk mixed with 1 tablespoon raw, unfiltered apple cider vinegar (Allow this to sit for 5 minutes.)  
1/2 cup organic unsweetened applesauce  
1 teaspoon raw honey

Mix the ingredients in order. Stir well. Your batter should be fairly soupy. Spray your pan with olive oil and pour batter into pan. Bake bread at 400 degrees for 25-30 minutes or until golden brown. Serve with chili on a cold, fall night.

