

Mexican Casserole is hearty dish

1 lb. ground beef
1 can black beans or black-eyed
peas rinsed & drained
1 C. finely chopped onion
1 can creamed corn
2 jalapeño peppers, finely chopped
or 2 TBS. canned, drained peppers

1/2 C. gluten free flour + 1 C. GF
cornmeal
1 tsp salt & 1/2 tsp baking soda
1/4 C. cooking oil

2 eggs slightly beaten
1 C. grated cheddar cheese



Brown meat and drain. Break into

fine pieces. In a bowl, add beans or black-eyed peas, onion, creamed corn and jalapeño to ground beef and mix.

In *another* bowl, mix flour, cornmeal, salt, baking soda, oil, eggs and cheese. Add to ground beef mixture.

Mix well.

Grease and fill a 13"x 9"x 2" pan.

Bake at 350°F for 45 minutes

Serve with GF gravy.

Jeannine Faidley, SACS president, prepared this delicious casserole for the potluck in March.

SACS seeks volunteer workers for CD Walk

Although many SACS members and friends already have signed on to help April 24 during SACS' Third Annual Walk for Celiac Disease Research, there still are a few jobs that need filling.

Positions that have gone unfilled include: parking lot attendants, coffee makers, food table attendants, an auctioneer for the silent auction, raffle salespersons, and calligraphers to inscribe names on community service certificates.

To volunteer, phone Colleen Beaman, Walk chairperson, at 743-7979, or send an email to ckbeaman@hotmail.com.

Since registration on the mall in front of the University of Arizona administration building will begin at 8 a.m., with a walk warm-up at 8:30 a.m., most volunteers need to arrive by 7:00 a.m. or earlier if possible.

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