

Black Bean Casserole

This casserole is very high in fibre and bursting with flavor. The mix of black beans and vegetables helps boost the fibre of this recipe. One serving provides 14 g of fibre.



Ingredients:

1 Tbsp	Olive oil	15 mL
1/3 cup	Onion, diced	75 mL
2 cloves	Garlic, minced	2 cloves
1/2 cup	Celery, chopped	125 mL
1 cup	Green bell pepper, chopped	250 mL
2 medium	Carrots, chopped	2 medium
1–12 oz can	No salt added kernel corn	341 mL
1/2 tsp	Cumin	2 mL
1/8 tsp	Pepper	1/2 mL
1–19 oz can	No salt added black beans, drained and rinsed	540 mL
1–4 oz can	Green chile peppers, chopped	127 mL
1 cup	Cooked brown rice	250 mL
1/4 cup	Parmesan cheese	60 mL
2 Tbsp	Cilantro, chopped	30 mL
	Non-stick cooking spray	

Directions:

1. Preheat oven to 350°F (175°C). Lightly spray a 9 x 9 inch (23 x 23 cm) casserole dish with non-stick cooking spray.
2. Heat the olive oil in a skillet over medium heat and cook the onion, garlic and celery until tender-crisp. Add green peppers and carrots. Continue cooking until carrots are tender crisp.
3. Add corn, cumin, pepper, black beans, chile peppers and cooked rice.
4. Mix together and place in the casserole dish. Sprinkle with Parmesan cheese.
5. Cover casserole and bake for 30 minutes or until heated through.
6. Sprinkle with cilantro before serving.

Makes 4 servings (375 mL/ 1 1/2 cup/ 408 g)

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Nutrition Facts	
Per 1/4 of recipe (375 mL/1 ½ cup/408 g)	
Amount	% Daily Value
Calories 330	
Fat 7 g	11 %
Saturated 2 g + Trans 0 g	10 %
Cholesterol 5 mg	
Sodium 410 mg	17 %
Carbohydrate 55 g	18 %
Fibre 14 g	56 %
Sugars 7 g	
Protein 15 g	
Vitamin A	30 %
Vitamin C	80 %
Calcium	15 %
Iron	30 %

Nutrient Claim	Amount per serving
Very high in fibre	14 g
Low in saturated fat	2 g
Very high in potassium	840 mg
Very high in magnesium	98 mg
Source of calcium	163 mg
Very high in folate	140 mcg
Very high in iron	4 mg

Canada's Food Guide Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	2
Grain Products	½
Milk and Alternatives	0
Meat and Alternatives	¾

This is a Choose Most Often recipe (Mixed Dish–Vegetarian Based) according to the Alberta Nutrition Guidelines.

Special equipment needed:

- 9 x 9 inch (23 x 23 cm) casserole dish