

Southwestern Black Bean Casserole



Ingredients:

2 (15 ounce) cans black beans, drained
2 teaspoons extra virgin olive oil
2 garlic cloves, minced
½ cup fat-free, low-sodium vegetable broth
1 teaspoon cumin
¼ teaspoon black pepper
Salt to taste
2 tablespoons chopped fresh cilantro
4 low-sodium whole-wheat tortillas, optional 6 corn tortillas
12 ounces salsa, no sugar added
1 cup shredded 2% cheddar cheese

Directions:

1. Preheat oven to 375
2. Drain beans and set aside. In the meantime, in a skillet, add oil; heat over medium-low heat. Add garlic, and sauté until tender, about 4 minutes. Add black beans and broth, and continue cooking approximately 3 minutes. Add cumin, black pepper, salt, and cilantro; stir to combine.
3. Spray the bottom of an 8X8 inch casserole dish with nonstick cooking spray. Add a tortilla, ¼ black bean mixture, ¼ salsa, and ¼ cheese; continue layering until all ingredients have been used. Top casserole with remaining ¼ cup cheese.
4. Cover casserole with foil and bake approximately 20 minutes or until cheese is hot and bubbly. Remove foil and continue cooking 8-10 minutes. Remove from oven and garnish with non-fat Greek yogurt or sour cream, if desired.

Nutrition Facts

Makes 6 servings

Serving size: 1 cup

Amount per serving:

Calories	259
Total Carbs	40 g
Dietary Fiber	9 g
Sugars	4 g
Total Fat	5 g
Saturated Fat	2 g
Protein	12 g
Sodium	436 mg