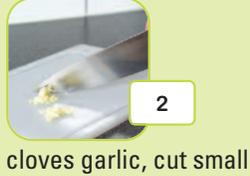
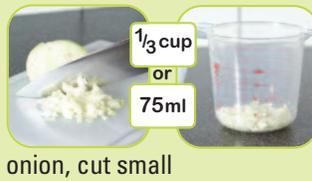




# black bean casserole

serves 4

## ingredients



Recipe serves 4—each serving represents:

-  1/2 serving from the Grain Products Food Group
-  2 servings from the Vegetables and Fruit Food Group
-  1 serving from the Meats and Alternatives Food Group

 based on Canada's Food Guide to Healthy Eating

Enjoy eating new foods.  
More recipes at:



[healthyalberta.com](http://healthyalberta.com)

1 Heat oven 350°F/180°C.



canola oil



In a pan on medium heat add canola oil.

2 Add ingredients.



onions



garlic



celery



Cook 10 to 15 minutes.

3 Add ingredients.



green pepper + carrots



Cook 15 minutes.

4 Add ingredients.



corn



cumin



salt



pepper



black beans



green chile peppers



cooked rice



Mix together and put into a casserole dish.

5 Put on lid.



Place in oven. Bake 30 minutes.



parmesan cheese



Add parmesan cheese on top to serve.

recipe source



MARCH 2006

healthyalberta.com