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Recipe: Tortilla-Black Bean Casserole

Preparation Time: 20 min. Cooking Time: 40 min.

Ingredients:

- 1 cup onion\cooked, chopped
- 3/4 cup green bell pepper\cooked, seeded and chopped
- 3/4 cup canned chopped tomatoes, undrained
- 1/3 cup prepared picante sauce or salsa
- 1 clove garlic, minced
- 1 tsp. ground cumin
- 1 Lbs. canned black beans or red kidney beans, drained
- 6 6 inch corn tortilla
- 1 cup Monterey Jack cheese, shredded
- 1 mediumtomato\raw, sliced
- 1 cup lettuce, shredded
- 6 scallion, sliced
- 1/3 cup chopped black olives
- 1/3 cup sour cream

Cooking Directions:

Preheat oven to 350° F. Combine first 6 ingredients in a heavy nonstick skillet over medium-high heat. Bring to a boil. Reduce heat to low and simmer 10 minutes, uncovered. Stir in beans. Spread 1/3 of bean mixture in bottom of a lightly oiled baking dish. Top with half the tortillas, overlapping as necessary. Sprinkle with half the cheese. Add another 1/3 of bean mixture, then remaining tortillas and bean mixture. Cover tightly with foil and bake 30 minutes, or until heated throughout. Sprinkle with remaining cheese. Let stand 10 minutes. Serve topped with tomato slices, lettuce, scallions, olives, and sour cream.

Per Serving: calories 285, fat 12.2g, calories from fat 39%, protein 13.3g, cholesterol 23.1mg, dietary fiber 9.2g

| Milk Exchanges | |
|--------------------------------------|---|
| | 0.1 |
| Vegetable Exchanges | 1.6 |
| Fruit Exchanges | 0.0 |
| Bread Exchanges | 1.6 |
| Other Carbohydrates/Sugar Exchanges | 0.0 |
| Lean Meat Exchanges | 0.7 |
| Very Lean Meat/Protein Exchanges | 0.0 |
| Fat Exchanges | 1.5 |
| | |
| | |
| | |
| 9 | |
| Minerals | |
| Calcium | 294.4mg |
| Copper | 1.0mg |
| Iron | 4.1mg |
| Marine automa | 75 0000 |
| Magnesium | 75.2mg |
| Manganese | 75.2mg 0.7mg |
| • | O |
| Manganese | 0.7mg |
| Manganese Phosphorus | 0.7mg 308.0mg |
| Manganese Phosphorus Potassium | 0.7mg 308.0mg 684.3mg |
| | Other Carbohydrates/Sugar Exchanges Lean Meat Exchanges Very Lean Meat/Protein Exchanges Fat Exchanges Minerals Calcium Copper |

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