

Tortilla Black Bean Casserole

6 servings

Modified from recipe by Lisa Palmatier, PCC Cooks instructor



Ingredients

1/2 large onion, chopped
1 clove garlic, minced
1 tablespoon olive oil
1/2 red pepper, chopped
1/2 can of chopped tomatoes with juice
1/3 cup salsa
1/2 teaspoon ground cumin
1 or 2, 15-ounce can black beans, drained
6 corn tortillas
1 cup grated cheddar, Jack or colby cheese

Suggested condiments/toppings

1 cup or more of shredded lettuce
2 green onions, sliced
1 small can sliced black olives, rinsed
cilantro
avocado, diced
tomatoes, diced
plain yogurt/sour cream

Preheat oven to 350° F. In a medium saucepan, sauté onion and garlic in the olive oil for 5 minutes. Add red pepper and cook for 3 minutes more. Add tomatoes and juice, salsa and cumin. Heat to boiling then remove from heat and add beans.

In an 8- by 8-inch baking dish or pie pan, spread 1/3 of the bean mixture over the bottom. Top with 3 tortillas, overlapping as necessary. Add another 1/3 of the bean mixture and top with remaining tortillas. Spread the last 1/3 of the bean mixture over the top. Cover the dish and bake for 30 minutes, or until heated through.

Remove from oven, uncover and top with cheese. Cover and let stand for 10 minutes until the cheese melts. To serve, cut into pieces.

Top with with assorted condiments.