

# Black Bean Tortilla Casserole

## Ingredients:

- 1 cup bell pepper, chopped
- 1 cup onions, chopped
- 15 ½ oz. can Black Beans, unsalted
- 14 ½ oz. can tomatoes, diced, unsalted
- ½ cup salsa
- 8 corn tortillas
- 1 cup four cheese Mexican blend cheese
- ¼ cup cilantro, chopped
- Vegetable Oil Nonstick cooking spray



## Nutrition Facts

Serving Size 1 cup (232g)  
Servings Per Container 7

Amount Per Serving

**Calories** 220    **Calories from Fat** 60

% Daily Value\*

**Total Fat** 6g    **9%**

**Saturated Fat** 3g    **15%**

**Trans Fat** 0g

**Cholesterol** 15mg    **5%**

**Sodium** 220mg    **9%**

**Total Carbohydrate** 32g    **11%**

**Dietary Fiber** 5g    **20%**

**Sugars** 4g

**Protein** 9g

Vitamin A 15%    •    Vitamin C 50%

Calcium 15%    •    Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



\*SOY FREE



\*GLUTEN-FREE

## Directions:

1. Preheat oven to 400 degrees Fahrenheit.
2. In large bowl, stir together the bell pepper, onion, beans, un drained tomatoes and salsa.
3. Spray 9" square pan with vegetable oil nonstick spray.
4. Spoon 1 cup bell pepper mixture into the pan.
5. Arrange 4 tortillas in the pan, overlapping as necessary. Spoon half the remaining sauce over the tortillas.
6. Top with cheese, repeat.
7. Lightly spray a sheet of aluminum foil with vegetable oil spray. Cover the pan with foil, lightly sprayed side down to prevent the cheese from sticking.
8. Bake for 30 minutes. Remove the foil and bake for five minutes more, or until hot and bubbly. Sprinkle with cilantro and serve.