

# Featured Ingredient...



## SOUTHWEST BLACK BEAN BAKE

### INGREDIENTS

- 2 ½ cups of dried black beans, soaked & cooked OR 1 15.5 oz can of black beans, drained & rinsed
- 1 medium sweet potato, diced
- 1 can crushed tomatoes
- ½ cup frozen fire-roasted corn or regular frozen corn if fire-roasted isn't available
- 1 cup uncooked rice of choice
- 1 cup broth of choice (chicken, beef or vegetable)
- 1 cup water
- 1 Tablespoon tomato paste
- Crumbled queso fresco for garnishing
- Chopped cilantro for garnishing
- Seasoning:
  - 1 Tbsp garlic powder
  - 1 Tbsp smoked paprika
  - 1 tsp chili powder (add more to increase the spiciness)
  - ½ Tbsp ground cumin
  - ½ Tbsp ground coriander

### DIRECTIONS

1. Add water, broth, & rice to a pot and bring to a boil. Once boiling, bring the heat down to a simmer (low-medium heat) & cook until rice is tender, about 15-20 minutes.
2. Preheat oven to 350 degrees.
3. Combine spices in a small bowl, mix well, and set to the side.
4. Mix black beans, crushed tomatoes, frozen corn, sweet potatoes, & tomato paste in a large baking pan.
5. While rice is done, stir in spice mixture.
6. Add rice to the pan and fold into black bean mixture.
7. Bake for 45 minutes.
8. Sprinkle queso fresco on top.

### NUTRITIONAL FACTS

Servings: 5  
Calories: 308  
Protein: 14 grams  
Carbohydrates: 50 grams  
Fat: 6.3 grams

### CALORIE CONSIDERATIONS

- INCREASE calories: Add more cheese on top.
- To DECREASE calories: Omit cheese or decrease rice to 1-1.5 cups.

\*May use a premixed taco/fajita seasoning