

Shelter Supper Mar Team 1- Apr Team 2

Black Bean and Rice Mexican Casserole

2 ½ cups uncooked regular rice, not instant (brown is a nice alternative)
1 medium chopped onion
4 cloves garlic, pressed or ½ tsp garlic powder
2 tablespoons olive or vegetable oil
5 cans black beans, not drained
1 tsp salt, ½ tsp black pepper, 1 cup chopped parsley
1 large can or 2 small cans mild enchilada sauce
4 cups of frozen corn or three cans of corn, drained
16 oz grated Mexican or cheddar cheese

1. Cook rice according to package instructions.
2. Saute onion and garlic in oil for three minutes.
3. In large bowl, add onion mixture, three cans of black beans (not drained), salt, pepper and parsley. Mash into a chunky mixture. Add ½ of corn and ½ of enchilada sauce, stir.
4. Layer greased pan with all of rice. Pour on mashed mixture and stir into rice.
5. In large bowl, mix two cans black beans (not drained) with ½ of corn, ½ enchilada sauce and all of cheddar cheese. Pour mixture onto casserole.
6. Slide plastic cover lengthwise on to top of pan. Snap end down (if possible).
7. Put in refrigerator in church kitchen **between** 6:30pm Wed and 11am Thu.

Note: The cost of this casserole was about \$15 with ingredients purchased at Food Lion.