

Prize Winning Recipes, Great American Barbecue Contest, June 1992

SIDE DISHES -- \$1,000 WINNER: Merry Hoover, Long Beach, Calif.

TORTILLA-BLACK BEAN CASSEROLE

- 2 cups chopped onion
- 1 1/2 cups chopped green sweet pepper
- 1 14 1/2-oz. can tomatoes, cut up
- 3/4 cup picante sauce
- 2 cloves garlic, minced
- 2 tsp. ground cumin
- 2 15-oz. cans black beans or red kidney beans, drained
- 12 6-inch corn tortillas
- 2 cups shredded reduced-fat Monterey Jack cheese (8 oz.)
- 2 medium tomatoes, sliced (optional)
- 2 cups shredded lettuce (optional)
- Sliced green onion (optional)
- Sliced pitted ripe olives (optional)
- 1/2 cup light dairy sour cream or plain yogurt (optional)

In a large skillet combine onion, green pepper, undrained tomatoes, picante sauce, garlic, and cumin. Bring to boiling; reduce heat. Simmer, uncovered, for 10 minutes. Stir in beans.

In a 13x9x2-inch baking dish spread one-third of the bean mixture over bottom. Top with half of the tortillas, overlapping as necessary, and half of the cheese. Add another one-third of the bean mixture, then remaining tortillas and bean mixture. Cover and bake in a 350 degree F. oven for 30 to 35 minutes or till heated through. Sprinkle with remaining cheese. Let stand for 10 minutes.

If desired, top with tomato slices, lettuce, green onion, and olives. Cut into squares to serve. If desired, serve with sour cream or yogurt. Makes 10 to 12 side-dish servings or 6 to 8 main-dish servings.

Nutrition facts per side-dish serving: 232 cal., 6 g fat, 14 mg chol., 16 g pro., 35 g carbo., 586 mg sodium, 7 g fiber.
RDA: 14% calcium, 18% iron, 45% vit. C, 15% thiamine.

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