



Black Bean & Tortilla Casserole



Ingredients:

1 med.-large chopped onion
2 10 oz. cans Ro-tel
1 cup picante sauce
1 tsp ground cumin
2 15 oz. cans black beans, drained and rinsed
4 oz. reduced fat cream cheese
10 7-inch corn tortillas (you can also use flour tortillas)
2 cups shredded cheese

Directions:

Preheat oven to 350 degrees. In large skillet, saute onion until soft. Add tomatoes, picante sauce and cumin and bring to a boil. Reduce heat and simmer 10 minutes. Stir in beans and heat thoroughly. Add cream cheese and stir until melted. Remove from heat.

Spray bottom of a 9x13 pan with cooking spray. Spread 1/3 of bean mixture on bottom of pan, topping with a layer of tortillas and half of cheese. Add another layer of bean mixture, tortillas and bean mixture. Sprinkle remaining cheese on top. Cover and bake at 350 for 20-25 minutes. Uncover and bake another 10 minutes. Let stand for 5-10 minutes before serving. Serve with sour cream, lettuce and guacamole as desired.

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