

Black Bean Polenta Casserole

Here is a very tasty entrée that you can make quickly and is sure to be a hit. *This recipe is from the CHIP recipes online at:*

<http://www.sdachip.org/resources/recipes.html>

Layer one:

- **3 cups soy milk**
- **(can substitute 2 ½ cups water)**
- **½ tsp. salt**
- **1 cup coarsely ground cornmeal**

Bring milk and salt to simmer and slowly drizzle in the cornmeal constantly stirring with a whisk. Turn heat down to low and let mixture thicken for about 10 minutes. When the cornmeal mix is of a serious thickness remove from heat and let cool slightly.

Layer two:

- **2 T. olive oil**
- **1 large white onion, finely chopped**
- **1 large red sweet pepper, finely chopped**
- **12 oz. cooked black beans, drained**
- **12 oz. kidney beans, drained**
- **8 oz. corn kernels, drained**
- **1 heaping tsp. oregano**
- **1 heaping tsp. cumin**
- **shredded mozzarella cheese (optional and not calculated in Nutrition Facts))**

Sauté onion and red pepper in oil; add remaining ingredients. Take layer one and place in casserole, smoothing down to make a bed for layer two. After you have placed layer two you can top with shredded soy cheese if you like or leave plain. Bake in oven at 375° F. for 30 minutes.

Serve with tossed green salad and steamed asparagus for a wonderful meal.

Nutrition Facts

per serving
makes 8 servings

Amount per serving

Calories	272
Calories from fat	58
% Daily Value *	
Total Fat 6.5g	10%
Saturated Fat 0.9g	4%
Cholesterol 0mg	0%
Sodium 226mg	9%
Total Carbohydrate 41.2g	14%
Dietary Fiber 10.4g	42%
Protein 12.2g	

Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.

Additional Information

21.4% of calories from Fat
60.7% from Carbohydrates
18% from Protein