

MEXICAN BEAN BAKE

MANSFIELD RESPOND



INGREDIENTS

- 2 tsp olive oil
- 240g pumpkin, grated
- 1 lge Spanish onion, sliced
- 2-3 lge garlic cloves, minced
- 1 med red capsicum, chopped
- 1 med green capsicum, chopped
- 1 cob, corn kernels (125g)
- 2 x 400g cans 4 bean mix, drained
- 2 lge (300g) tomatoes, chopped
- 1 1/2 cup vegetable stock
- 2 tsp cumin
- 2 tsp smoky paprika
- Pinch of chilli powder
- 3/4 cup (60g) grated light tasty cheese

DIRECTIONS

1. Heat oven to 200C conventional (180C fan forced) and spray a 6 cup capacity casserole dish with oil.
2. Heat olive oil in a large non-stick frying pan and add pumpkin, onion, garlic, capsicum and corn kernels. Cook on medium heat for 10 mins until vegetables have softened.
3. Add beans, tomatoes, stock, and chilli. Stir through and heat until bubbling.
4. Stir through half of the cheese and transfer to the casserole dish.
5. Sprinkle over the remaining cheese and bake for 45 mins until bubbling and golden

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