



Bean and Pasta Bake

Makes: 8 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
1 tbsp	vegetable oil	15 mL
½	onion, diced	½
1 clove	garlic, minced	1 clove
¾ cup	mushrooms, sliced	175 mL
½	red pepper, diced	½
2 cups	black beans, cooked OR canned beans, rinsed and drained	500 mL
1 ½ cups	low sodium tomatoes, diced or crushed (½ of a 28 oz / 796 mL can)	375 mL
2 tsp	chili powder	10 mL
½ tsp	cumin, ground	2 mL
½ tsp	oregano, dried	2 mL
1 ½ cups	cheddar cheese, grated	375 mL
¼ tsp	salt	1 mL
3 cups	whole grain or wheat pasta, cooked – 160 g (6 oz) dry pasta makes 3 cups (750 mL) cooked	750 mL
Optional:	pepper	

Instructions

- Preheat oven to 350°F (180°C).
- Heat oil in a large pot on medium-high heat. Add onion and sauté until soft.
- Add garlic. Cook for 1 – 2 minutes.
- Add mushrooms and peppers. Cook on medium heat until mushroom liquid is reduced.
- Add tomatoes, spices, and beans. Season with salt and pepper (if using). Simmer for 25 - 30 minutes.
- Spray baking dish(es) with cooking spray.
- Combine noodles and sauce. Toss to evenly coat noodles. Transfer mixture to serving dish(es). Top with cheese.
- Bake in oven for 20 – 30 minutes, until heated through and cheese is melted.

Note: Nutrition Information is on page 2.

Nutrition Information	
Serving 200 g ($\frac{1}{8}$ recipe)	
Calories	260
Fat	10 g
	Saturated 5 g
	+ Trans 0 g
Sodium	220 mg
Carbohydrates	31 g
	Fibre 6 g
	Sugars 3 g
Protein	13 g
Calcium	200 mg
Iron	2 mg

Food Guide Servings	
1 Vegetable & Fruit	
1 Grain Product	
$\frac{1}{2}$ Milk & Alternative	
$\frac{1}{2}$ Meat & Alternative	