



Bean Taco Pie

Makes: 6 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
2 tbsp	vegetable oil	30 mL
1	onion, diced	1
1 clove	garlic, minced	1 clove
½	red pepper, diced	½
1 ½ cups	low-sodium tomatoes, diced or crushed (½ of 28 oz / 796 mL can)	375 mL
2 cups	beans (e.g. kidney, black), cooked OR canned beans, rinsed and drained	500 mL
½ tbsp	ground cumin	7 mL
1 tbsp	chili powder	15 mL
1 cup	corn	250 mL
¾ cup	fresh cilantro, chopped	175 mL
1 cup	mozzarella, grated	250 mL
3	whole wheat tortilla shells (10-inch / 25 cm)	3
¼ tsp	salt	1 mL
Optional:	pepper	

Instructions

1. Preheat oven to 400°F (205°C).
2. Heat oil in a large pot over medium-high heat. Add onion and sauté until soft.
3. Add the garlic and cook 2 minutes.
4. Stir in the tomatoes, beans, corn, and spices. Bring to a simmer and cook until slightly thickened. Season with salt and pepper (if using).
5. Remove from the heat and stir in the cilantro.
6. Spray baking dish(es) or pie plates with cooking spray.
7. Arrange half of the tortillas in the bottom of dish(es).
8. Top with half of the bean mixture, then half of the cheese.
9. Repeat with the remaining tortillas, bean mixture, and cheese.
10. Cover loosely with foil and bake until the cheese melts, about 10 minutes.

Note: Nutrition Information is on page 2.

Nutrition Information Serving 230 g
Calories 340
Fat 12 g
Saturated 3.5 g
+ Trans 0 g
Sodium 410 mg
Carbohydrates 46 g
Fibre 9 g
Sugars 6 g
Protein 14 g
Calcium 150 mg
Iron 3 mg

Food Guide Servings
1 Vegetable & Fruit
1 Grain Product
½ Milk & Alternative
½ Meat & Alternative