

Blue is Better Recipe (Serves 6) Hot Three Bean Casserole

Ingredients

- 2 Tbsp. olive oil
- 1 c. each onion, celery & tomato, coarsely chopped
- 2 cloves garlic, minced
- 1-15 oz. can garbanzo rinsed & drained
- 1-15 oz. can kidney beans, rinsed & drained
- 2 1/2 c. frozen green beans
- 1-8oz. can low-sodium tomato sauce
- 1 c. water
- 1 to 2 jalapeno peppers, minced
- 1 Tbsp. chili powder
- 1 1/2 tsp. ground cumin
- 1 tsp. dried oregano
- 1/4 tsp black pepper

Preparation Instructions

1. Heat oil in large skillet over medium heat until hot. Add onion, celery & garlic. Cook & stir 5 minutes or until onion is translucent.
2. Add remaining ingredients except green beans. Bring to a boil; reduce heat to low. Simmer uncovered 20 minutes. Add green beans. Simmer uncovered 10 minutes or until green beans are tender. Garnish with oregano.



NUTRITION FACTS

Serving Size

1 c.

Amount Per Serving:

Calories	236
Calories from Fat.....	54
Total Fat	6 g
Saturated Fat.....	2 g
Cholesterol	0 mg
Sodium	442 mg
Carbohydrate	40 g
Dietary Fiber.....	12 g
Protein	12 g