

# Easy Southwestern Macaroni

- 16 ounces macaroni
- 1 can (10 oz) cheddar cheese soup
- 1 can (15 ½ oz.) black beans
- 1 can (14 oz.) Mexican style corn
- 2 cups low-fat shredded cheese
- 2 cups nacho chips
- Red cayenne pepper (optional)

1. Cook macaroni according to box directions
2. In a large mixing bowl, mix macaroni with cheese soup
3. Rinse and drain black beans and corn
4. Add 1 cup cheese, black beans and corn to macaroni and mix
5. Pour into an ungreased casserole dish and top with remaining 1 cup of cheese and crushed nacho chips
6. Sprinkle cayenne pepper if desired
7. Bake at 350 for 25-35 min. until golden brown

•Peppers, onions, olives, tomatoes, etc. can all be added in to this recipe



For more information on maintaining a healthy lifestyle, go to [MyPyramid.gov](http://MyPyramid.gov)

## Works Cited

United States Department of Agriculture. (2008, September). *Inside the Pyramid: Meat and Beans*. From MyPyramid: <http://www.mypyramid.gov/pyramid/meat.html> #

Black Beans

**Nutritious and  
Delicious  
Cooking**



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## Facts about Black Beans

- Black beans are a good source of fiber, B vitamins, iron, zinc, folate, and calcium.
  - Black beans are a very filling food providing lots of plant protein and fiber.
  - Good source of protein in a vegetarian diet and low in fat.
  - Protein is essential for growth and development.
  - Calcium builds strong bones and teeth.
  - Zinc helps the immune system function properly.
  - Iron carries oxygen in the blood.
  - One cup of black beans supplies 15 grams of fiber which is almost 60% of the daily recommendation.
  - Look for canned beans low in sodium to reduce salt intake.
  - Black beans are great for cooking because they can be used in a variety of ways in many dishes.
- (United States Department of Agriculture, 2008)



## Tortilla Black Bean Casserole

- 1 ½ cups chopped onion
  - 1 1/3 cups chopped green pepper
  - 1 14 oz. can of stewed tomatoes
  - 3/4 cup salsa
  - 1/2 tablespoon garlic
  - 2 tablespoons cumin
  - 2 15 oz. cans black beans, drained
  - 8 corn tortillas
  - 1 ½ cups low-fat shredded cheese
1. In a large skillet over medium heat, combine first 6 ingredients and bring to a boil
  2. Reduce heat and simmer, uncovered, for 5 minutes
  3. Stir in beans
  4. Spread 1/3 of bean mixture over the bottom of a 9x13 pan
  5. Top with 4 tortillas and half of the cheese
  6. Add another 1/3 of the bean mixture then top with the remaining tortillas. Spread the rest of the bean mixture on top
  7. Cover and bake at 350 for 30 min.
  8. Sprinkle with remaining cheese and let stand for 10 min.
  9. Garnish with toppings



## Black Bean and Rice Burritos

- 1 15 oz. can of black beans
  - 1 can diced tomatoes
  - 2 teaspoons garlic powder
  - 1 teaspoon cumin
  - 2 cups cooked rice
  - 12 tortillas
  - Low-fat shredded cheese
  - 1 cup reduced sour cream
1. Boil rice in water (25-30 min.)
  2. In a skillet over medium heat, combine the beans, tomatoes, garlic powder, and cumin and heat through
  3. Stir in cooked rice
  4. Spoon about 1/3 of mixture onto tortilla
  5. Top with cheese and any other toppings of your choice
  6. Fold sides and ends and roll up
  7. Serve with sour cream
- Lettuce, tomatoes, avocado, onions, peppers, corn, etc. can be served with this recipe

