

# Black Bean Polenta Casserole

Here is a very tasty entrée that you can make quickly and is sure to be a hit. We made it this past weekend and it was wonderful. *Thanks to my daughter, Sherilee Chapman for sharing this recipe.*

## Layer one:

- 3 cups soy milk**  
*(can substitute 2 ½ cups water)*
- ½ tsp. salt**
- 1 cup coarsely ground cornmeal**

Bring milk and salt to simmer and slowly drizzle in the cornmeal constantly stirring with a whisk. Turn heat down to low and let mixture thicken for about 10 minutes. When the cornmeal mix is of a serious thickness remove from heat and let cool slightly.

## Layer two:

- 2 T. olive oil**
- 1 large white onion, finely chopped**
- 1 large red sweet pepper, finely chopped**
- 12 oz. cooked black beans, drained**
- 12 oz. kidney beans, drained**
- 8 oz. corn kernels, drained**
- 1 heaping tsp. oregano**
- 1 heaping tsp. cumin**
- shredded mozzarella cheese** *(optional and not calculated in Nutrition Facts)*

Sauté onion and red pepper in oil; add remaining ingredients. Take layer one and place in casserole, smoothing down to make a bed for layer two. After you have placed layer two you can top with shredded soy cheese if you like or leave plain. Bake in oven at 375° F. for 30 minutes.

Serve with tossed green salad and steamed asparagus for a wonderful meal.

<b>Nutrition Facts</b>	
per serving makes 8 servings	
Amount per serving	
<b>Calories</b>	272
Calories from fat	58
% Daily Value *	
<b>Total Fat 6.5g</b>	10%
Saturated Fat 0.9g	4%
<b>Cholesterol 0mg</b>	0%
<b>Sodium 226mg</b>	9%
<b>Total Carbohydrate 41.2g</b>	14%
Dietary Fiber 10.4g	42%
<b>Protein 12.2g</b>	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	
Additional Information	
21.4% of calories from Fat 60.7% from Carbohydrates 18% from Protein	

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