

## MEXI-BEAN CASSEROLE

Servings: 4-5

*This dish is very versatile. Any beans will do. Try kidney, chickpeas or black beans. If you don't have salsa, make your own with diced tomatoes, chopped onion, carrot, celery and your favourite spices.*

### INGREDIENTS

1	carrot, chopped
1	celery, chopped
1	yellow onion, chopped
3 Tbsp	oil
2 cans	pinto beans, drained and rinsed
1 can	chunky tomato sauce
1 can or jar	salsa
1 tsp	chili powder
1 cup	shredded Monterey Jack cheese

### DIRECTIONS

1. Preheat oven to 375F.
2. Cook carrot, celery and onion in oil until softened.
3. Mix cooked carrot, celery and onion with beans, salsa, tomato sauce and chili powder in an ungreased baking pan. Cover with a lid or aluminum foil and bake for 40-45 minutes, stirring once, until hot and bubbly.
3. Sprinkle with cheese 15 minutes before casserole is finished baking.