

Cheese Melt Beans Casserole

2 Tablespoons minced green pepper
1 Tablespoon margarine
4 cups cooked beans (pinto or black-eyed peas work well)
1 cup tomato sauce
2 ounces (2 slices) sharp cheese

Sauté onion and green pepper in margarine until vegetables are tender. Combine with beans and tomato sauce in a 1 quart casserole. Bake at 375 degrees for 50 minutes, stirring occasionally. Top with cheese. Bake an additional 5 minutes or until cheese is melted.

* You can lower the sodium in this dish by using a low-sodium tomato sauce and low-sodium cheese.

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Nutrition Facts using Pinto Beans

Servings Per Recipe 6

Amount Per Serving

Calories 226 22% of total calories from fat

Total Fat 6 g Sodium 330 mg

*Vitamin A 10% *Vitamin C 18%

*Calcium 130 mg *Iron 19%

*Percentage Daily Values

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Gale A. Buchanan, Dean and Director

Released by Gail M. Hanula, MS, RD, LD, Family Nutrition Program Specialist
November 2001
Publication Number: FDNS-NE 1155

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