



Hearty Winter Casserole

Makes about 6 servings | **Vegetables** • **Protein** • **Grains**

Ingredients

- 1½- 2 cups *CNP Meat Sauce*, frozen or thawed
- 4 cups kidney or pinto beans cooked or 2 15-ounce cans, drained
- 1 8-ounce can of tomato sauce + ½ cup water
- 2-3 teaspoons chili powder
- 2-3 teaspoons low sodium taco seasoning
- 2 cups vegetables (canned corn; diced, cooked sweet potatoes; frozen bell peppers, etc.)
- 2 cups (about 8 ounces) shredded cheese
- 2 cups corn chips
- Nonstick spray
- Aluminum foil

Directions

1. Preheat oven to 375°F.
2. If baking the casserole right away, spray a 9x13-inch baking pan with nonstick spray.
3. In a saucepan, heat *CNP Meat Sauce* over medium heat until thawed, if using frozen.
4. Add *CNP Meat Sauce*, tomato sauce, beans, spices, and vegetables into the baking pan and stir to combine.
5. Sprinkle shredded cheese evenly over casserole.
6. Cover with aluminum foil and bake at 375°F for 30 minutes or until bubbly.
7. Serve over corn chips.



UNIVERSITY
OF WYOMING

Extension



Cent\$ible
Nutrition
Program

Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyoocnp.org/wrir/>

1-877-219-4646 | <https://uwyoocnp.org/> | cnp-info@uwyo.edu