



Black Bean Tortilla Bake

6 Servings

1 garlic clove minced
1/2 cup chopped onion
1/2 cup chopped green onion
1 cup chopped tomatoes
1/2 teaspoon chili powder
2 teaspoons cumin powder
8 oz. tomato sauce
16 oz. black beans rinsed and drained
1 tablespoon chopped cilantro
salt and pepper
12 tortillas of choice
8 oz. shredded cheese

Preheat oven to 350 degrees. Spray a large skillet with cooking spray. Add garlic, onions, tomato, green onion, cumin and chili powder. Cook on medium heat until onion is tender. Add tomato sauce and cook 5 minutes more. Stir in beans, cilantro salt and pepper. Spray a square baking dish with cooking spray. Layer 4 tortillas, 1/3 cheese and 1/3 bean mixture. Repeat two more times. Top with remaining cheese. Bake 20-25 minutes covered. Then bake an additional 10 minutes uncovered or until bubbly.