



Chili-Cheese Casserole for a Crowd

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



317 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups baked tortilla chips
- ☐ 15 ounce black beans drained canned
- ☐ 16 ounce pinto beans drained canned
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1.5 tablespoons chili powder
- ☐ 2 chipotle chiles in adobo sauce canned minced drained
- ☐ 1.5 cups cracked wheat uncooked
- ☐ 2 tablespoons cilantro leaves fresh minced

- ☐ 6 garlic cloves minced
- ☐ 1 cup bell pepper green chopped
- ☐ 1 teaspoon ground cumin
- ☐ 8 ounces monterrey jack cheese shredded divided reduced-fat
- ☐ 2 teaspoons olive oil
- ☐ 2 cups onion chopped
- ☐ 1 tablespoon oregano dried
- ☐ 1 cup bell pepper red chopped
- ☐ 1 tablespoon cocoa unsweetened
- ☐ 14.5 ounce vegetable broth canned
- ☐ 2 cups water

Equipment

- ☐ oven
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Preheat oven to 37
- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add onion and next 7 ingredients (onion through garlic); saut 5 minutes.
- ☐ Add water and next 7 ingredients (water through chiles); bring to a boil. Reduce heat; simmer, uncovered, 10 minutes, stirring occasionally.
- ☐ Spoon half of bean mixture into the bottom of a 13 x 9-inch baking dish; sprinkle with 1 cup cheese. Top with remaining bean mixture. Cover and bake at 375 for 40 minutes. Uncover; sprinkle with 1 cup cheese.
- ☐ Bake an additional 10 minutes. Press chips into casserole.

Nutrition Facts



Properties

Glycemic Index:24.67, Glycemic Load:3.62, Inflammation Score:-8, Nutrition Score:15.148695624393%

Flavonoids

Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg

Nutrients (% of daily need)

Calories: 316.71kcal (15.84%), Fat: 9.09g (13.98%), Saturated Fat: 4.04g (25.27%), Carbohydrates: 48.07g (16.02%), Net Carbohydrates: 38.2g (13.89%), Sugar: 4.64g (5.15%), Cholesterol: 16.82mg (5.61%), Sodium: 634.43mg (27.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.19g (28.38%), Vitamin C: 32.78mg (39.73%), Fiber: 9.87g (39.46%), Phosphorus: 310.37mg (31.04%), Calcium: 237.51mg (23.75%), Vitamin A: 1059.01IU (21.18%), Manganese: 0.42mg (20.78%), Iron: 3.46mg (19.23%), Magnesium: 66.91mg (16.73%), Potassium: 576.92mg (16.48%), Vitamin B6: 0.29mg (14.47%), Copper: 0.28mg (14.03%), Folate: 55.13µg (13.78%), Vitamin B2: 0.23mg (13.52%), Vitamin B1: 0.17mg (11.58%), Vitamin E: 1.65mg (11%), Selenium: 7.07µg (10.09%), Zinc: 1.49mg (9.92%), Vitamin K: 9.05µg (8.62%), Vitamin B3: 1.21mg (6.07%), Vitamin B5: 0.36mg (3.59%), Vitamin B12: 0.16µg (2.61%)