



# Pumpkin and Black Bean Casserole

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



80 min.

SERVINGS



4

CALORIES



294 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1 teaspoon ancho chili powder (or other mild chili powder)
- 0.5 bell pepper finely chopped
- 15 ounces canned tomatoes canned drained
- 0.1 teaspoon chipotle sauce to taste ()
- 1.5 cups black beans rinsed cooked drained (can, and )
- 3 tablespoons cornstarch
- 1 teaspoon cumin
- 0.5 cup ears corn fresh

- 2 cloves garlic minced
- 0.5 teaspoon ground mustard
- 0.5 cup nutritional yeast
- 1 medium onion finely chopped
- 0.5 teaspoon bell pepper spanish
- 1 pound winter squash or any winter squash (butternut, acorn, etc.) ()
- 0.5 teaspoon salt
- 0.8 cup non-dairy milk
- 1 tablespoon tahini
- 4 servings frangelico
- 4 servings frangelico

## Equipment

- oven
- blender
- casserole dish

## Directions

- Cut the pumpkin in half. Set aside one half for another use and peel the other half.
- Cut it into very thin slices about 1/4-inch thick and 2 inches long. Preheat oven to 425F. Spray a 2-quart casserole dish with canola oil.
- Lay one-third of the pumpkin slices in the bottom of the dish, and sprinkle lightly with salt and pepper. Cover with half of the bean mixture. Repeat layers with another third of the pumpkin and the remainder of the beans. Finish with the final third of the pumpkin slices. In a blender, combine the reserved \*tomato liquid (about 1/2 cup) with the soymilk and remaining ingredients. Blend well and pour over the pumpkin. Cover tightly, and bake for 30 minutes.
- Remove the cover and bake for 20-30 minutes, until sauce is thick and bubbly and pumpkin is tender.

## Nutrition Facts



■ PROTEIN 18.56% ■ FAT 12.7% ■ CARBS 68.74%

## Properties

Glycemic Index:56.85, Glycemic Load:6.44, Inflammation Score:-10, Nutrition Score:28.885217334913%

## Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg 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: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

## Nutrients (% of daily need)

Calories: 293.7kcal (14.68%), Fat: 4.47g (6.87%), Saturated Fat: 0.63g (3.96%), Carbohydrates: 54.43g (18.14%), Net Carbohydrates: 41.26g (15%), Sugar: 11.39g (12.65%), Cholesterol: 0mg (0%), Sodium: 474.07mg (20.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.69g (29.38%), Vitamin A: 13137.35IU (262.75%), Vitamin C: 60.56mg (73.41%), Fiber: 13.17g (52.68%), Folate: 178.98µg (44.75%), Manganese: 0.85mg (42.63%), Potassium: 1277.8mg (36.51%), Vitamin B1: 0.5mg (33.07%), Magnesium: 123.91mg (30.98%), Vitamin B6: 0.61mg (30.73%), Vitamin E: 4.56mg (30.41%), Copper: 0.57mg (28.38%), Iron: 4.96mg (27.55%), Vitamin B3: 5.26mg (26.31%), Phosphorus: 228.64mg (22.86%), Calcium: 192.99mg (19.3%), Vitamin B2: 0.25mg (14.57%), Zinc: 1.71mg (11.4%), Vitamin B5: 1.13mg (11.34%), Vitamin K: 8.4µg (8%), Vitamin B12: 0.48µg (7.97%), Selenium: 5.58µg (7.97%), Vitamin D: 0.53µg (3.54%)