

Black Bean, Corn and Squash Medley



Prep Time: 20 minutes
Cook Time: 45 minutes



Servings: 4 servings
Cost/Serving: \$1.90



Equipment

- Can opener
- Knife
- Measuring cups
- Wooden spoon
- Cutting board
- Large saucepan
- Measuring spoons



Ingredients

2 tbsp	(30 mL)	Olive oil or canola oil
1 each		Medium onion, peeled and chopped
2 cloves		Garlic, minced
1 each	(400 g)	Butternut squash, peeled, seeded and cut into ½ inch cubes
½ lb	(227 g)	White button mushrooms, quartered
1 ½ tbsp	(22 mL)	Chili powder
1 tbsp	(15 mL)	Ground cumin
1 tsp	(5 mL)	Dried oregano
½ tsp	(2.5 mL)	Salt
1 can	(796 mL)	Diced tomatoes, no salt added
1 tsp	(5 mL)	Soy sauce, lower sodium
1 can	(540 mL)	Black beans, drained and rinsed
1 cup	(250 mL)	Frozen corn, thawed



Directions

1. In large saucepan, heat oil over medium heat. Add onion and sauté until translucent, about 5 minutes. Add garlic and cook until fragrant, about 30 seconds.
2. Add squash and mushrooms and cook until squash begins to soften, about 5 minutes.
3. Add chili powder, cumin, oregano and salt, and stir well to combine.
4. Add tomatoes and soy sauce. Bring to a boil; reduce heat and simmer, covered, until squash is tender, about 15-20 minutes. If mixture looks dry, add ¼ cup of water.
5. Add beans and corn, and stir to combine. Cook, uncovered, until heated through, about 5 minutes. Taste and adjust seasoning.



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Tips

- 1) While the ingredient list may look long, many are pantry items, so there is not much chopping and this comes together quickly.
- 2) Canned beans and tomatoes can be high in sodium. Look for low-sodium versions and rinse canned beans well to remove excess sodium.
- 3) If fresh mushrooms are unavailable, substitute with canned mushrooms.
- 4) If desired, serve over rice, quinoa or your favourite whole grain for a more substantial meal.
- 5) This dish freezes well. Portion in individual servings, label, date and freeze for a quick future meal.



Nutrition Facts

Valeur nutritive

Per 1 serving (350 g)

pour 1 portion (350 g)

Calories 210

% Daily Value*

% valeur quotidienne*

Fat / Lipides 7 g

9 %

Saturated / saturés 1 g

5 %

+ Trans / trans 0 g

Monounsaturated / monoinsaturés 3.5 g

Carbohydrate / Glucides 31 g

Fibre / Fibres 7 g

25 %

Sugars / Sucres 8 g

8 %

Protein / Protéines 7 g

Cholesterol / Cholestérol 0 mg

Sodium 300 mg

13 %

Potassium 600 mg

13 %

Calcium 100 mg

8 %

Iron / Fer 3 mg

17 %

*5% or less is a **little**, 15% or more is a **lot**

*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**



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